

FOOD LOG



The food log includes time of day, the food eaten (in as much detail as you can provide, such as ingredients, serving size, etc.) and approximate calories (this information is not available on all foods, but can be easily obtained from foods that have a nutrition label), a hunger rating, your emotions or feelings at the time you ate the food (to help identify instances of emotional eating), and any other activities that you are doing at the time of eating (such as watching television, socializing with friends, etc.).

Time of Day	Food Eaten	Amount	Hunger Rating	Emotions	Other Activities



ACTIVITY LOG

The activity log includes time of day, activity type, duration, and rating of exertion. Pedometers are another great option, especially if your current and/or planned activity consists mostly of walking. A pedometer will provide you with a daily summary of the number of steps you took in the day. In fact, if you were to make one purchase during this program, I would recommend that it be a pedometer to help you track your daily steps.



Time of Day	Type of Activity	Duration	Rating of Exertion



HOW TO RATE EXERTION



Rate of Perceived Exertion Chart courtesy of AskTheTrainer.com.

RPE Chart

10	Max Effort Activity	Feels almost impossible to keep going. Completely out of breathe, unable to talk.
9	Very Hard Activity	Very difficult to maintain exercise intensity. Can barely breathe & speak a single word.
7-8	Vigorous Activity	On the verge of becoming uncomfortable. Short of breathe, can speak a sentence.
4-6	Moderate Activity	Feels like you can exercise for hours. Breathing heavily, can hold short conversation.
2-3	Light Activity	Feels like you can maintain for hours. Easy to breathe & carry a conversation.
1	Very Light Activity	Anything other than sleeping. Watching TV, riding in a car, etc.