



# Keep a Food Journal

## CHALLENGE

Track your eating habits for 30 days

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Keep a Food Journal."
2. Track your eating habits for 30 days.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Ohio resident Jeff Gilbert knew weighing 274 pounds was a problem. So he tried to hide it. He didn't like looking in the mirror, and he was unhappy. He knew he needed to make a change, but he didn't have the motivation to take action. Instead, he just kept on making poor food choices and wasn't active.

And then something happened...

He went to the doctor for a routine exam. When he went to pay his bill, a French fry fell out of his wallet. That was his sign from the universe it was time to make a change.

His next move...Gilbert decided to use the LoseIt! app endorsed by the U.S. Surgeon General's Office to keep track of what he was eating.<sup>1</sup>

He started counting calories.

He paid more attention to his food choices.

His diet and exercise habits changed.

Within a couple years, he lost 90 pounds and finished five marathons

## Take the Daily Diet Quiz

How much do you really know about your eating habits?



### Y N

1.   I know how many calories I eat/drink each day.
2.   I know how many calories I burn from physical activity each day.
3.   I always drink at least 64 ounces of water per day.
4.   I eat 1.5 to 2 cups of fruit and 2 to 3 cups of vegetables per day.
5.   I eat less than 2,300 mg of sodium per day.

How did you do? If you answered 'No' to any of these statements, you could benefit from keeping a food journal. When you know what you're eating, you can make adjustments in your diet that can help you lose or maintain weight, reduce your risk for chronic disease, and improve your health..

"I tell people that losing weight without tracking your food and exercise is kind of like trying to manage a bank account without ever looking at your balance," says Gilbert. "It's really difficult to do."

Here's a simple question: What did you have for breakfast, lunch, dinner and snacks yesterday? Can't remember? You're not alone. If you want to improve your health and your diet, take the month-long health challenge to Keep a Food Journal.

