Food Diary & Exercise Log

GoTrainerGirl

Be Fit, Be Healthy, Be Inspired ~ Live Well

www.gotrainergirl.com

How to use your food diary

record everything

keep track of everything you eat. write down how the food was prepared. (ex. "baked") Include drinks, dips, etc. EVERYTHING means every morsel into your mouth. if you know the calories, write them down.

keep it real

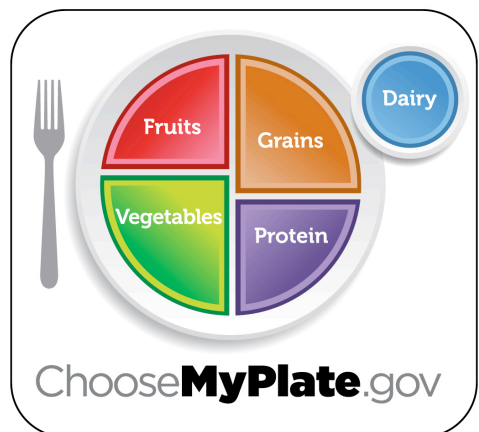be honest with yourself. don't skip recording because you know you over ate.

aim for

whole foods. whole grains. lean meats. fresh fruits & veggies. low-fat milk. 8 glasses of water a day. avoid added sugars & sodium.

portion sizes & calories

write down portion sizes (ex. "handful" "cup of coffee") & calorie amount. See recommended portion sizes below:

Fruits

Grains

Dairy

Vegetables

Protein

Choose**MyPlate**.gov

Food Tips

Heart Healthy

Be Positive

Accomplish

Tips from ChooseMyPlate.gov

Vegetables	Fruits	Grains	Dairy	Protein Foods
Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.	Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.	Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.	Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.	Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.
Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.	Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.	Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.	Top fruit salads and baked potatoes with low-fat yogurt.	Twice a week, make seafood the protein on your plate.
Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.	Select 100% fruit juice when choosing juices.	Choose products that name a whole grain first on the ingredients list.	If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).	Choose lean meats and ground beef that are at least 90% lean. Trim or drain fat from meat and remove skin from poultry to cut fat and calories.

For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.

Eat 2½ cups every day	Eat 2 cups every day	Eat 6 ounces every day	Get 3 cups every day	Eat 5½ ounces every day
What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens	**What counts as a cup?** 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit	**What counts as an ounce?** 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal	**What counts as a cup?** 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese	**What counts as an ounce?** 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas

USDA
U.S. Department of Agriculture • Center for Nutrition Policy and Promotion
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CNPP-25
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The 2010 Dietary Guidelines for Americans recommends the following when reading food labels: Choose foods with low calories, sat. fat, trans fat (avoid completely if you can) & sodium. Avoid foods with sugar as the first ingredient. Other names for sugar: sucrose, glucose, high fructose corn syrup, maple syrup & fructose.

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Food Diary

Heart Healthy

Be Positive

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Breakfast		
Lunch		
Dinner		
Snacks		

| Water | 1 2 3 4 5 6 7 8 | 1 2 3 4 5 6 7 8 | 1 2 3 4 5 6 7 8 |

Food Diary

Heart Healthy

Be Positive

Accomplish

Breakfast		
Lunch		
Dinner		
Snacks		

Water

1	2	3		1	2	3		1	2	3
4	5	6		4	5	6		4	5	6
7	8			7	8			7	8	

Food Diary

Heart Healthy

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Breakfast		
Lunch		
Dinner		
Snacks		

Water

① ② ③	① ② ③	① ② ③
④ ⑤ ⑥	④ ⑤ ⑥	④ ⑤ ⑥
⑦ ⑧	⑦ ⑧	⑦ ⑧

Food Diary

Breakfast

Lunch

Dinner

Snacks

Water

1	2	3		1	2	3		1	2	3
4	5	6		4	5	6		4	5	6
7	8			7	8			7	8	

Food Diary

Breakfast

Lunch

Dinner

Snacks

Water

1	2	3
4	5	6
7	8

1	2	3
4	5	6
7	8

1	2	3
4	5	6
7	8

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Breakfast		
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Water

1 2 3	1 2 3	1 2 3
4 5 6	4 5 6	4 5 6
7 8	7 8	7 8

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Water

1 2 3	1 2 3	1 2 3
4 5 6	4 5 6	4 5 6
7 8	7 8	7 8

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Water	① ② ③ ④ ⑤ ⑥ ⑦ ⑧	① ② ③ ④ ⑤ ⑥ ⑦ ⑧	① ② ③ ④ ⑤ ⑥ ⑦ ⑧

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Water									
1	2	3		1	2	3		1	2	3
4	5	6		4	5	6		4	5	6
7	8			7	8			7	8	

Food Diary

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1 2 3	1 2 3	1 2 3
4 5 6	4 5 6	4 5 6
7 8	7 8	7 8

How to use your exercise log

record everything

keep track of all your activity throughout the week. plan your workout prior to hitting the gym. change the # of reps, sets and weight over time to avoid adaptation.

aim for

at least 2 strength training sessions a week & 3-5 days of cardio for 30 minutes. always do a 8-12 minute warm-up & cool down. include 10 - 15 minutes of stretching per day.

keep it real

use the proper weight. start low (8 reps) and increase over time (12-15). once you lift that easily, increase your weight & go back to 8 reps.

target opposing muscle groups

avoid injury and the "hunch back" by training opposing muscle groups.

use proper form

always use proper form. start with no/low weight to practice proper form.

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Exercise Log

Date:

Exercise	Prim. Muscle	Set1 Reps/Weight	Set2 Reps/Weight	Set1 Reps/Weight

Date:

Exercise	Prim. Muscle	Set1 Reps/Weight	Set2 Reps/Weight	Set1 Reps/Weight

Cardio. 3-5X

- ☐ Treadmill
- ☐ Elliptical
- ☐ Bike
- ☐ _____
  Time:

- ☐ Treadmill
- ☐ Elliptical
- ☐ Bike
- ☐ _____
  Time:

- ☐ Treadmill
- ☐ Elliptical
- ☐ Bike
- ☐ _____
  Time:

Exercise Log

Date:

Exercise	Prim. Muscle	Set1 Reps/Weight	Set2 Reps/Weight	Set1 Reps/Weight

Date:

Exercise	Prim. Muscle	Set1 Reps/Weight	Set2 Reps/Weight	Set1 Reps/Weight

Cardio. 3-5X

☐ Treadmill
☐ Elliptical
☐ Bike
☐ _____
Time:

☐ Treadmill
☐ Elliptical
☐ Bike
☐ _____
Time:

☐ Treadmill
☐ Elliptical
☐ Bike
☐ _____
Time:

Exercise Log

Date:

Exercise	Prim. Muscle	Set1 Reps/Weight	Set2 Reps/Weight	Set1 Reps/Weight

Date:

Exercise	Prim. Muscle	Set1 Reps/Weight	Set2 Reps/Weight	Set1 Reps/Weight

Cardio. 3-5X

- ☐ Treadmill
- ☐ Elliptical
- ☐ Bike
- ☐ _____
  - Time: _____

- ☐ Treadmill
- ☐ Elliptical
- ☐ Bike
- ☐ _____
  - Time: _____

- ☐ Treadmill
- ☐ Elliptical
- ☐ Bike
- ☐ _____
  - Time: _____

Exercise Log

Date:

Exercise	Prim. Muscle	Set1 Reps/Weight	Set2 Reps/Weight	Set1 Reps/Weight

Date:

Exercise	Prim. Muscle	Set1 Reps/Weight	Set2 Reps/Weight	Set1 Reps/Weight

Cardio.
3-5X

☐ Treadmill   ☐ Treadmill   ☐ Treadmill
☐ Elliptical   ☐ Elliptical   ☐ Elliptical
☐ Bike   ☐ Bike   ☐ Bike
☐ _____   ☐ _____   ☐ _____
Time: Time: Time:

Cardio Log

Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:

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Fill in:

date, length of time & the type of cardio you completed. this chart is for the month.

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Calendar

MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.

Fill in:

Pencil in "me" time. Make yourself a priority & stick to it. Hold yourself accountable.

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