



INSPIRE ONE WELLNESS

simple. whole. health.

Food Diary & Exercise Log



www.inspireonewellness.com



INSPIRE ONE WELLNESS

simple. whole. health.

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. if you know the calories, write them down.

keep it real

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

practice awareness

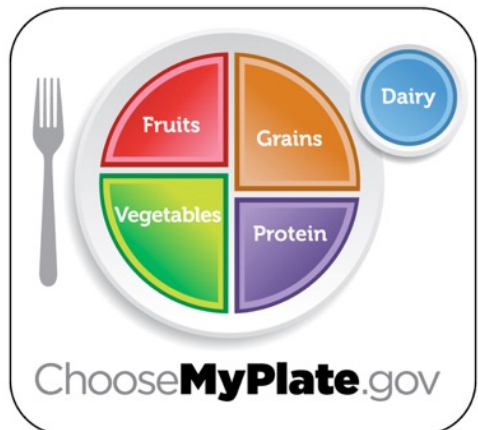
be mindful when you eat. chew slowly, feel the textures, make your plate look artful. enjoy the healthy food.

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:



www.inspireonewellness.com

Food Tips

Tips from ChooseMyPlate.gov

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>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.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>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.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage).</p>	<p>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.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>
<p>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.</p>				
<p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soy milk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>Eat 5½ ounces every day</p> <p>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</p>
 <p>U.S. Department of Agriculture • Center for Nutrition Policy and Promotion August 2011 CNPP-25 USDA is an equal opportunity provider and employer.</p>				

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.

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	

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	

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	

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	

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	

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	

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	

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	

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	

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	



INSPIRE ONE WELLNESS

simple. whole. health.

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 sets, reps, weight according to your goals and to prevent adaptation.

aim for

at least 2 strength training sessions a week & 3-5 days of cardio for a minimum of 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 the weight 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.

Exercise Log

Exercise	Prim. Muscle	Set1 Reps/Weight	Set 2 Reps/Weight	Set 3 Reps/Weight

Exercise	Prim. Muscle	Set1 Reps/Weight	Set 2 Reps/Weight	Set 3 Reps/Weight

 Cardio.
3-5X

Treadmill
Elliptical
Bike

Time:

Treadmill
Elliptical
Bike

Time:

Treadmill
Elliptical
Bike

Time:

Exercise Log

Exercise	Prim. Muscle	Set1 Reps/Weight	Set 2 Reps/Weight	Set 3 Reps/Weight

Exercise	Prim. Muscle	Set1 Reps/Weight	Set 2 Reps/Weight	Set 3 Reps/Weight

 Cardio.
3-5X

Treadmill
Elliptical
Bike

Time:

Treadmill
Elliptical
Bike

Time:

Treadmill
Elliptical
Bike

Time:

Calendar

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



Fill in:
Pencil in “me” time.
Make yourself a
priority & stick to it.
Hold yourself
accountable.