



**GET FIT**  
**Today** Putting the Fun  
Back into Fitness



# Keeping a Food Diary

# Food Diary

If I asked you to list everything you ate 3 days ago, you 'might' be able to remember what you had for lunch or dinner but there's a good chance that you have forgotten about that the other bits and pieces throughout the day - the doughnut you had mid-morning because it was someone's birthday at work, the crisps you munched on mid-afternoon and the few left over Christmas quality street you had in the evening.

Add them up though and there's another 400-500 calories you may have forgotten about. Spread that over a week and it can quite easily result in an extra pound of weight (3,500 calories is 1lb). Do this for a few weeks and before you know it, you're wondering where that half stone came from...

You can see how quickly this can all add up can't you? 1lb a week is 4lbs a month and almost 2 stone in 6 months.

The problem is that you don't notice a pound in weight gain and you might not even notice 3 or 4lb but when it's 6 months down the line and you notice your jeans feel tighter than they used to and you blame it on the washing machine for shrinking them, you suddenly have a lot of work to do. .

Because you hadn't noticed the weight gain creeping in over the last 6-12 months, when it reaches the point that you want to lose the excess weight, you want it gone straight away. It might have taken 12 months to appear, but you want rid of it in a fortnight so you look great on your holiday.

This is where the famous crash diets come in and add to your problems



Research has found that people who track their food intake are more likely to lose weight and maintain their weight loss. However, to keep a food journal correctly, you must write down everything you eat.

Keeping your food diary accurate '**live time**' is also crucial. If you wait until later in the day to make a list of what you have eaten, you will almost certainly have forgotten some of it. This will lead to you under recording your calories and not achieving the weight loss you were hoping for

At **GET FIT TODAY**, we are a big fan of keeping food diaries. They are an incredibly effective way to help manage weight loss, and this is what we want you to do on this course.

We would encourage you to use a free App called '**My Fitness Pal**' - which allows you to either manually type the foods and drinks tht you consume throughout the day, or scan the bar codes to automatically add them to your days diary.

It's great, and well worth every penny 😊

## **My Fitness Pal**

[Here is a link to](#) a short video which explains how to set up your account on MY FITNESS PAL and begin to use it. Have a quick look and get yourself set up ready to go and start recording your food today!



When you first log in to **MY FITNESS PAL**, you will need to set up your details such as name, date of birth, height, weight etc. Use the information from your Body Composition Health Check in order to make sure this is accurate.

Ignore the section about update your diet/fitness profile.

Go to the **HOME PAGE** and then select **GOALS** → **EDIT** and then alter the figure for calories to the number you noted from your BMR check.

That's it - you're up and running and ready to start recording your food and drinks.

Please don't add any exercise to My Fitness Pal as this will alter your available calories and can led to confusion and over-eating. Remember to weigh your food so that your portion sizes are accurate are accurate.

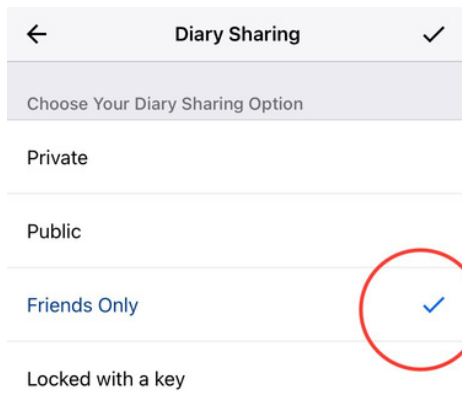
## Sharing Your Food Diary

Keeping an accurate food diary is one thing, but for this course - we also need you to share it with us so we can keep an eye on what you are eating so that we can make any necessary adjustments to your plan.

In order to give us the access we need to do this, please:

- Go to **MORE** (bottom right of screen)
- Choose **PRIVACY CENTRE**
- Then **SHARING & PRIVACY SETTINGS**
- Next, choose **DIARY SHARING**
- Change this to **FRIENDS ONLY**
- Let me know your username on **My Fitness Pal** and I will send you a friends request.

Once you accept this, I will be able to view your diary.



## The Secret to success

For anyone looking to lose some weight, starting fitness is the right thing to do. Your body needs to burn energy in order for you to burn fat and the more you exercise, the more this will happen.

However, if you have unhealthy eating habits you are still going to struggle with making this happen as quick as you wish. You will see results, but they will come much slower if you don't change your eating habits as well.

Likewise for someone making healthy changes to their eating habits but not adding any exercise into their daily routine. The results will come, but not as quickly as you may hope for.

However - doing both things at the same time in a steady, controlled way is the secret to weight loss success. Small changes to your eating habits, add in some exercise and slowly increase this over time and BOOM - wolf whistle's here you come!

