



MODULE TWO

Tracking What You Do



“I knew that the key to losing weight was finally being honest with myself.”

– Steve, lost 50 pounds

How do I get started with tracking?

MOVE! is all about helping you manage your weight. The MOVE! *Food and Physical Activity Log* is designed to help you monitor your weight, physical activity, and dietary intake. This will be one of your most valuable tools to help you reach your goals. Tracking increases your awareness of your behavior and helps you change unhelpful behaviors. Complete the activity log as often as possible; daily is best. The more you track, the more likely you are to achieve your goals!

1. Be honest. Write down what you really eat.
2. Be accurate. Measure portions, read food labels, and time your physical activity.
3. Be complete. Include everything you eat and drink and any moderate activity you do.

Tracking effort predicts weight loss success.

In This Module You Will:

1. Describe the purpose of tracking.
2. Learn how to track what you eat and drink.
3. Learn how to track your activity.

Tracking Your Food

Paying attention to what and how much you eat each day is essential for tracking how many calories you take in. Keeping a food diary will help you track your caloric intake and identify unhelpful eating patterns (like late-night snacking). You should write down each food item as soon as possible: Memories can be misleading!

See the example of *Sarah's Story*.



Tom's Toolkit

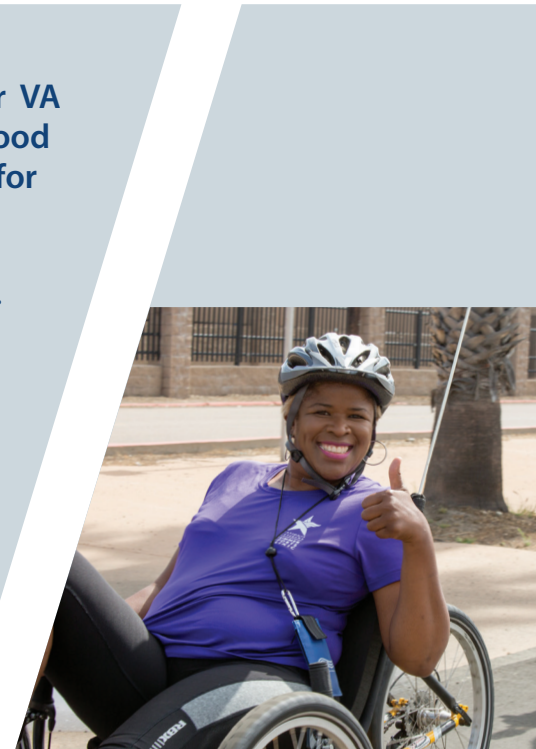
“Self-monitoring is the act of observing and regulating your behavior. Self-monitoring activities include behaviors like keeping a daily log of food and exercise, wearing a pedometer, and using a weight management mobile application like MOVE! Coach. Self-monitoring increases your awareness of how much you eat and drink and how active you are. Just the act of *tracking* your behavior will help you *change* your behavior! By keeping track of how many calories you take in and how many calories you burn each day, it will be easier for you to meet your weight-loss goals. Be in the know!”

Sarah's Story

Sarah has struggled with her weight for the past 10 years. Her VA provider has encouraged her to lose 15 pounds to help lower her blood pressure and cholesterol, suggesting she try the MOVE! Program for support.

For three weeks, Sarah tries to eat better but hasn't seen any results. Frustrated, she decides to try MOVE! and contacts the MOVE! Coordinator for an assessment. The MOVE! Coordinator asks Sarah to tell her what she ate yesterday. Sarah tries to recall everything she ate.

The table on the next page shows what Sarah *thinks* she ate at each meal and what she really ate at each meal. This activity shows how Sarah underestimated the number of calories she was eating each day.



MODULE TWO

What Sarah Thinks She Had		Calories	What Sarah Really Had	Calories	Extra Calories
Breakfast	Bowl of cereal with milk	100 (cereal) 100 (milk)	1 ½ cups cereal with 8 oz whole milk	150 (cereal) 150 (milk)	150
			Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Lunch	Ham sandwich	150 (bread) 200 (ham) 150 (mayo)	Sandwich with 2 slices of bread, 6 oz ham and 1 ½ Tbsp mayo	150 (bread) 200 (ham) 150 (mayo)	150
	Apple	50	Medium apple	50	
			Iced tea with sugar	150 (sugar)	
Snack			Granola bar	200	250
			Coffee with 1 Tbsp. whole milk and 2 tsp sugar	50 (milk and sugar)	
Dinner	Salad	100	Salad with 2 Tbsp. blue cheese dressing	50 (salad) 150 (dressing)	275
	Mashed potatoes	100	1 cup mashed potatoes made with whole milk and 3 Tbsp. butter	100 (potatoes) 100 (butter)	
	Piece of fish	200	3 oz. fish	200	
			8 oz. iced tea with sugar	75 (sugar)	
Dessert	Small bowl of ice cream	175	1 cup ice cream	320	145
Daily Total		1,325	Daily Total	2,295	970

Sarah thought she ate 1,325 calories but actually ate 2,295. She ate 970 calories more than she thought she did. It is important to be thorough when completing your food log to get an accurate reflection of how much you ate. This will help you identify what changes you need to make.

There are many tools available to help you track how much you eat, such as measuring cups and spoons, a kitchen scale, calculators, and food labels. Ultimately, you will want to write down what and how much you eat in your *Food and Activity Log*. Your MOVE! team will work with you and provide feedback on your log.



Hannah's How-To
Track your Food

“ In the *Food and Activity Log*, you will write a weekly food goal to improve your diet.

Example: “I will cut down on calories by eliminating snacking while watching TV in the evenings this week,” or “I will drink water or sugar-free beverages in place of regular soda this week.”

Over the course of the MOVE! Program, you will track the foods you eat, the amount, and the calories. To get started, write down *what* you eat each day. This is done to help you get in the habit of using your *Food and Activity Log*.

For the first week, your food log will look like the example below. Write down everything you eat throughout the day, one food item per line:

- Write down everything you eat and drink. Don't forget the extras, like butter on toast.
- Write down how food was prepared (baked, broiled, fried, etc.).
- Write down the type of food or drink (for example, fat-free or whole milk)”

Correct

Week 1 Day 1	Day/Date: Saturday 06-01-19
Food/Beverage:	
Multi-grain cereal O's	
Milk 1%	
Banana	
Wheat bread toasted	
Ham	
American cheese	
Green apple	

Incorrect

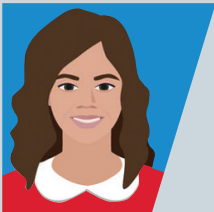
Week 1 Day 1	Day/Date:
Food/Beverage:	
Cereal	
Banana	
Ham sandwich	
Apple	



Hannah's How-To Track your Food

“As you progress through the program, the detail of your tracking will also increase. The final version of the food log will look like this.”

Week 7 Day 1		Day/Date: Saturday 07-13-19		
Time:	Food/Beverage:	Amount:	Calories:	Mood/Feelings:
8:15am	Multi-grain cereal O's	1 cup	106	Tired
8:15am	Milk 1%	3/4 cup	77	"
10:30am	Banana	1 medium sized	105	"
12:30pm	Wheat bread toasted	2 slices	138	Happy
12:30pm	Ham	2 ounces	60	"
12:30pm	American cheese	1 slice	104	"
12:30pm	Green apple	1 medium sized	95	"



Teresa's Tips

“MOVE! produces a *Food and Activity Log* as a booklet for your use during the MOVE! Program. However, you are encouraged to use whatever tracking method you find most helpful, such as the MOVE! Coach app or other fitness/diet tracking app. Any method of tracking will help you meet your weight loss goals, so find the one that is right for you!”

“Weighing in daily, recording my food logs, and sending them to my TeleMOVE! Coordinator worked for me. She reviewed them and let me know when I needed to change what I was eating.”

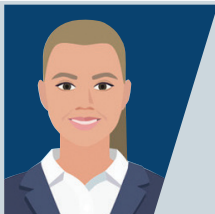
– Larry, lost 127 pounds



Tracking Your Activity

Keeping track of how active you are will help you monitor how many calories you burn each day. Use a fitness log to track your minutes of activity each day. Record your activity of at least a moderate pace. That means you can talk through it, but not sing through it. Include exercise, of course, but also remember to include everyday activities like sweeping the floor briskly and mowing the lawn.

There are many tools that can help you time your activity, like watches, timers, and smartphone and computer apps. Record the type of activity and minutes spent doing the activity in your *Food and Activity Log* to discuss with your MOVE! team.



Hannah's How-To Track your Activity

"In the *Food and Activity Log*, you will write a weekly physical activity goal to increase your activity.

Example: *"This week, I will walk 15 to 30 minutes per day on 4 out of 7 days and do strength training twice," or "I will look for more ways to be active throughout the day, like taking the stairs instead of the elevator three times a day."*

Over the course of the MOVE! Program, you will track each activity you do, the time spent doing it, and your intensity level. To start off, write down the physical activity you did each day. This is done to help you get used to tracking your activity."

For the first week, your activity log will look like this. Write down all physical activity you engage in, one session per line.

Physical Activity:
Walk the dog AM
Climbed stairs at work on break
Walk the dog PM
Swept the floor

As you progress through the program, the detail of your tracking will also increase. The final version of the activity log will look like this."

Physical Activity:	Minutes:	RPE Intensity:
Walk the dog AM	15	5
Climbed stairs at work on break	10	7
Walk the dog PM	30	4
Swept the floor	10	3

Busting Barriers

Now let's review some common barriers to completing the *Food and Activity Log*, and some possible solutions. Which of these challenges do you think you might encounter? How might you solve them? People who can anticipate challenges and are ready to respond with a solution are more successful at making change.

Barrier	Barrier Buster
I'm too busy.	<input type="checkbox"/> Set aside a few minutes at certain times each day. <input type="checkbox"/> Set a reminder. <input type="checkbox"/> Remember why you are tracking—to lose weight!
I keep forgetting.	<input type="checkbox"/> Make tracking part of your daily routine. <input type="checkbox"/> Set a reminder, alarm, or timer. <input type="checkbox"/> Leave yourself notes where you will see them. <input type="checkbox"/> Ask others to remind you.
I don't like to track.	<input type="checkbox"/> Share your progress with others. <input type="checkbox"/> Give yourself a small (nonfood) reward for meeting your goals. <input type="checkbox"/> Compete with family or friends to see who can track the most activity and meals. <input type="checkbox"/> Try using smartphone apps, like MOVE! Coach, to track.
I have trouble reading and writing.	<input type="checkbox"/> Record your voice with a smartphone or other device. <input type="checkbox"/> Ask your coach, friends, or family to help you write your food and activity. <input type="checkbox"/> Take a picture of your food.
<i>Write your own</i>	<input type="checkbox"/> _____ _____ _____

Reward Your Success



Tom's Toolkit

“ Rewards are a fantastic way to keep up your motivation and regulate your behavior. Reward yourself often for achieving your goals. You can set small rewards for meeting your weekly SMART goals and larger rewards for hitting a weight-loss target.”

What Rewards You?

Consider what kinds of things reward you. Below is a list of rewards that may motivate people to better manage their weight. Identify some rewards that are reasonable for you or fill in your own.

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Buy a new workout outfit 2. Buy a new water bottle 3. Get a massage 4. Unwind with a movie of your choice 5. Download a new fitness app 6. Buy a new workout song 7. Enjoy a “staycation” 8. Take a trip to a farmer’s market 9. Buy a refrigerator magnet with a motivational quote 10. Learn a new sport—try fencing, karate, tennis, or swimming 11. Learn a new skill—try playing the piano, singing, acting, or painting 12. Enjoy a laugh at a local comedy club 13. Take a day trip to your favorite local town 14. Go on a fishing trip 15. Go see your favorite band 16. Buy a new pair of running shoes 17. Attend a local sporting event | <ol style="list-style-type: none"> 18. Golf at your favorite course 19. Sign up for a charity walk event 20. Take a cooking class 21. Start a garden 22. Go for a hike and enjoy nature 23. Go camping in the wilderness 24. Get a one-on-one personal training session 25. Get a new book at the library and enjoy a relaxing afternoon reading 26. _____ 27. _____ 28. _____ 29. _____ 30. _____ |
|--|---|

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Make your goal SMART.

Specific: What will you do?

Measurable: How will you know you are making progress?

Action-Oriented: What actions will you take to reach the goal?

Realistic: Is the goal do-able for you?

Time-based: When will you start? When will you review your goal to see if it still makes sense for you?



Healthy Eating:

I will _____

Physical Activity:

I will _____



“I was really scared to get on the scale the first several weeks. But after seeing a change, I couldn’t wait to get back in class to show everyone how good I was doing.”

– Donald, lost 55 pounds

Module Summary

Self-Monitoring

In this module, you learned how to complete the *Food and Activity Log*. Your *Food and Activity Log* will be the most powerful tool in your toolkit. Try to complete your log as often as possible—every day is best. Bring your log to your next meeting to get feedback from your MOVE! team on your progress. Veterans who complete their log and receive continual feedback on their progress are more likely to lose weight.

“MOVE! holds me accountable for my actions, which helps me to control my weight.”

– Henry, lost 74 pounds

Rewards

Using rewards during your weight-loss journey is a fantastic way to congratulate yourself and recognize all your hard work. Make a list of rewards that you might give yourself for meeting small and large goals.

Module To-Do:

1. Write down everything you eat and drink every day in your *Food and Activity Log*.
2. Write down how many minutes you are moderately active every day in your *Food and Activity Log*.
3. Set two weekly SMART goals in your Module Check-Out.
4. Review Module 3 in preparation for your next meeting.