

FOOD AND EXERCISE DIARY

The journey begins now.....



 system:slim

how to use this diary

The journey begins now....

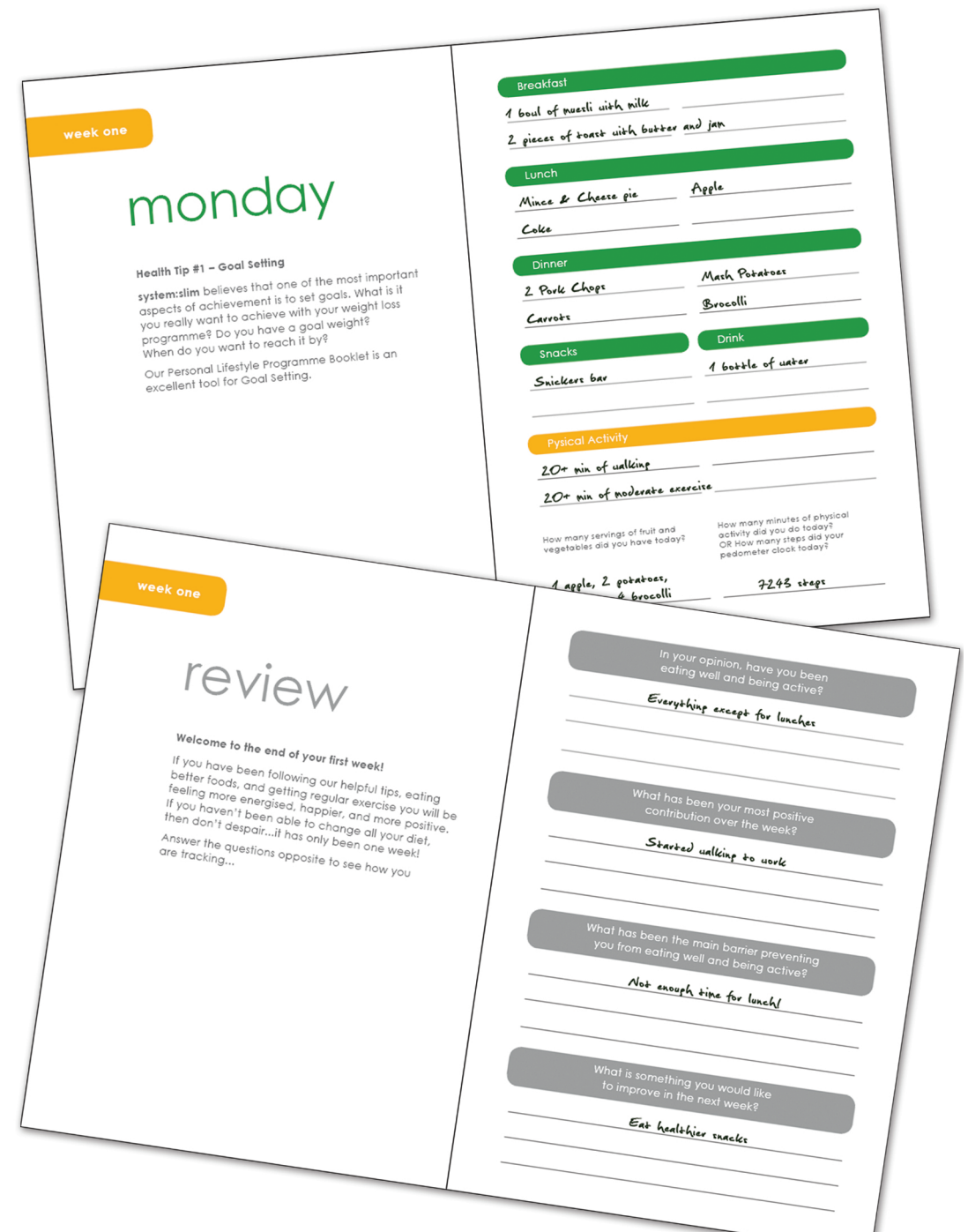
This Food & Exercise Diary has been designed to assist you on the right path with your **system:slim** Weight Management Programme. A food diary is an excellent way to view your eating habits by visually reminding you of what was consumed on a daily basis. This will make it easy to track your progress and make personal goals for improvement. We have designed this Food Diary to cover the basics, making it as easy as possible to understand and fill out. We have also included a small physical activity component, as eating healthy is just as important as the physical activity we do as well.

This provides 2 weeks of space to write a daily review and at the end of each week a page to review and set goals for the following week and a helpful hint. Examples are provided on the next page.

Be sure to use this aid to its full potential, with or without the support of a consultant on-line. We are here to support you every step of the way.

GOOD LUCK!!

The Team at  system:slim



week one

monday

Health Tip #1 – Goal Setting
system:slim believes that one of the most important aspects of achievement is to set goals. What is it you really want to achieve with your weight loss programme? Do you have a goal weight? When do you want to reach it by?
Our Personal Lifestyle Programme Booklet is an excellent tool for Goal Setting.

Breakfast
1 bowl of muesli with milk
2 pieces of toast with butter and jam

Lunch
Mince & Cheese pie Apple
Coke

Dinner
2 Pork Chops Mash Potatoes
Carrots Broccoli

Snacks Drink
Snickers bar 1 bottle of water

Physical Activity
20+ min of walking
20+ min of moderate exercise

How many servings of fruit and vegetables did you have today? How many minutes of physical activity did you do today? OR How many steps did your pedometer clock today?
1 apple, 2 potatoes, 4 broccoli 7248 steps

week one

review

Welcome to the end of your first week!
If you have been following our helpful tips, eating better foods, and getting regular exercise you will be feeling more energised, happier, and more positive. If you haven't been able to change all your diet, then don't despair...it has only been one week!
Answer the questions opposite to see how you are tracking...

In your opinion, have you been eating well and being active?
Everything except for lunches

What has been your most positive contribution over the week?
Started walking to work

What has been the main barrier preventing you from eating well and being active?
Not enough time for lunch!

What is something you would like to improve in the next week?
Eat healthier snacks

week one

monday

Health Tip #1 – Goal Setting

system:slim believes that one of the most important aspects of achievement is to set goals. What is it you really want to achieve with your weight loss programme? Do you have a goal weight? When do you want to reach it by?

Your consultant can help you with goal setting or you can take a look at our Personal Lifestyle Booklet which has a section on goal setting.

Our Personal Lifestyle Programme Booklet is an excellent tool for Goal Setting.

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

How many servings of fruit and vegetables did you have today?

How many minutes of physical activity did you do today?
OR How many steps did your pedometer clock today?

week one

tuesday

Health Tip #2 – Hydration

You need to consume 2.5 litres of water per day. Approx 1 to 1.5 litres normally comes from your food (like fruit & vegs) and the remaining 1 to 1.5 litres should come from water. You will need to increase your water consumption on a hot day, or if you are exercising, or take a fibre supplement.

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

How many servings of low fat dairy products did you eat today?

Were there any dairy products that you could have substituted for low fat dairy products?

week one

wednesday

Health Tip #3 – Fibre

High fibre foods play a role in weight control by giving us the feeling of 'fullness'. Fibre is only found in foods that come from plants (eg. Vegetables, nuts, cereals, beans, fruit etc..). Fibre adds bulk to the food that passes through the intestines, thus keeping the digestive system healthy and helping prevent bowel problems. You can also take a fibre supplement to increase your daily fibre intake.

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

How many servings of fruit and vegetables did you have today?

How many minutes of physical activity did you do today?
OR How many steps did your pedometer clock today?

week one

thursday

Health tip #4 – Small Amounts Do Count

It is simple to build physical activity into your daily routine; take the stairs instead of the lift, walk to the shops rather than drive, park the car further away from work, get off the bus early and walk, wash your car by hand, use chores around the yard to work up a sweat, walk around the block 5 times.

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

How many servings of lean meat did you have today?

Were there any meat products that you could have substituted for lean meat products?

week one

friday

**Health Tip #5 – When it comes to fat,
a little goes a long way.**

So choose the very best types of fat, small amounts of polyunsaturated and monosaturated fats may have some health benefits when they are part of a healthy diet.

Saturated fat, which is the predominating fat in animal products, is more likely to be deposited as fat tissue. For more information on fats consult your Personal Lifestyle Booklet or your consultant.

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

What physical activities have you got planned for the weekend?
(E.g. mowing, gardening, walking, running etc.)

week one

saturday

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

sunday

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

week one

review

Welcome to the end of your first week!

If you have been following our helpful tips, eating better foods, and getting regular exercise you will be feeling more energised, happier, and more positive. If you haven't been able to change all your diet, then don't despair...it has only been one week!

Answer the questions opposite to see how you are tracking...

In your opinion, have you been eating well and being active?

What has been your most positive contribution over the week?

What has been the main barrier preventing you from eating well and being active?

What is something you would like to improve in the next week?

week two

monday

Health Tip # 6 - Physical Activity

An increase in physical activity will benefit your health. Regular walking is one of the best exercises you can do and is something that you should be able to fit into your daily schedule if you make it a priority. You should find your walk relaxing, it shouldn't be stressful! As your fitness improves with weight loss, you will be able to walk faster and for longer.

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

How many servings of fruit and vegetables did you have today?

How many minutes of physical activity did you do today?
OR How many steps did your pedometer clock today?

week two

tuesday

Health Tip #7 – Weight Loss Mindset

In order for you to begin your weight loss process in a positive way, you must take the time to re-set your thought patterns and pave the way for the positive results to follow.

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

How many servings of low fat dairy products did you eat today?

Were there any dairy products that you could have substituted for low fat dairy products?

week two

wednesday

Health Tip #8 – Eat Foods Rich in Calcium & Iron

It is important for all New Zealanders to eat food which contain iron and calcium. In particular:

- Calcium is important for infants, women and girls.
- Iron is important for women, girls, vegetarians and athletes.

Good sources of calcium are found in: milk and milk products, leafy green vegetables, soy, tofu, fish, nuts and calcium fortified foods.

Good sources that help iron absorption are found in: Vitamin C (found in fruits and vegetables) & meat.

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

How many servings of fruit and vegetables did you have today?

How many minutes of physical activity did you do today?
OR How many steps did your pedometer clock today?

week two

thursday

Health Tip #9 – Reduce salt

New Zealanders get around twice as much as there recommended dietary intake of salt. Reduce salt by; choosing reduced salt in breads & cereals, cutting back on processed foods/takeaway, buy fresh vegetables not canned, avoid adding salt and use herbs instead to flavour.

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

How many servings of lean meat did you have today?

Were there any meat products that you could have substituted for lean meat products?

week two

friday

Health Tip #10 – Go the Vegetables & Fruit

Base your diet on plenty of vegetables and some fruit. Eat two or more servings of fruit and five or more servings of vegetable every day. Try to consume whole fruits rather than juices.

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

What physical activities have you got planned for the weekend?
(E.g. mowing, gardening, walking, running etc.)

week two

saturday

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

sunday

Breakfast

Lunch

Dinner

Snacks

Drink

Physical Activity

week two

review

Congratulations you have finished your diary!

If you have been following the tips, eating better foods and increasing your physical activity, that's excellent! With gradual and continued changes in the right direction you will be feeling more energized, happier and more positive.

If you haven't do not despair, changing your lifestyle choices is a long term commitment. Although this diary is now finished, it does not mean that you have to stop recording you diet, setting goals, and getting family and friends involved in developing a healthy lifestyle. Buying a little notebook or keeping a chart on the fridge are great ways to continue with tracking your progress and getting everyone involved. Be sure to ask your **system:slim** Consultant for further help, information or assistance.

Answer the questions opposite to see how you are tracking...

In your opinion, have you been eating well and being active?

What has been your most positive contribution over the week?

What has been the main barrier preventing you from eating well and being active?

What is something you would like to improve in the next week?

next steps...

If you have been trying this alone and would like some support from us (which is what we love to do) you can do this either by On-line Support with a Weight Loss Consultant support@systemslim.co.nz

Or you could visit one of our clinics in your local area. Our website has a list of clinics:

www.systemslim.co.nz/clinics.php

Or if you're happy to carry on by yourself and continue using our unique nutritional supplements then do so by reordering on our website shop at:

www.systemslim.co.nz/shop/



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