

Chart Your Success

For weight loss success, it's important to get a good idea of how much and how often you eat. Why? Research has shown that everyone whether heavy or slim underestimates their food intake by 20 to 50%.



By committing your eating habits to paper, you're more likely to watch what goes into your mouth (and how much). And by recording how often you exercise, you're more likely to stay motivated and committed to an active lifestyle.

This chart is designed to help you become more aware of your habits, good and bad. You choose your goal and the length of time you'd like to accomplish your goal in (for example, my goal is to lose 10 pounds in 12 weeks). Every time you eat, drink or exercise, log your activity. This will help you chart your food consumption and keep track of how much you exercise. Each week, plan what you'd like to accomplish for the following week. Keep doing this until you reach your goal.

The idea is to make changes gradually and institute healthy habits you can keep forever. This chart and a pencil will help you work through the toughest weight loss challenges, including getting started, eating smart and staying focused.

Best wishes on reaching your goal and remember three (3) Cambridge servings covers all the nutrients your body needs!

Eating & Exercise Success Chart

You're ready to start! Use this space to list your overall goal. In the next few weeks, you can check in to see how you're doing and feel proud that you are well on your way to reach your goal.

Starting Point Where Are You Now?	Goals Where Do You Want to Be?
Weight: _____ Waist: _____ Hips: _____ Bust/Chest: _____ Upper/Mid-Thighs: _____ Upper Arms: _____	Weight: _____ Waist: _____ Hips: _____ Bust/Chest: _____ Upper/Mid-Thighs: _____ Upper Arms: _____
Exercise Habits: _____ _____ _____	Exercise Habits: _____ _____ _____
Eating Habits: _____ _____ _____	Eating Habits: _____ _____ _____

Ready Get Set!

1. Realize you're making a change for the long haul.
2. Start writing down everything you do. Remember to keep track. Little nibbles add up fast!
3. Get a grip on reality. When you start accounting for your food, you will discover you can easily eat anywhere from 3,000 to 4,000 calories a day. **KEEP TRACK!**
4. If you are on the regular program, have your Cambridge ½ hour prior to eating sensibly. Having smaller, more frequent meals can prevent you from getting ravenously hungry and overeating .
5. Drink up! Drinking water suppresses the appetite naturally and helps the body metabolize stored fat.

Date/ Time	Foods Consumed	Calories/Fat Grams	Cambridge Yes/No
			Did anything trigger your appetite?
	Total calories:		

SUCCESS CHART

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			Did anything trigger your appetite?
Total calories :			

(Make additional copies. Use one or more if needed for each day.)

Exercise Weekly Activity – Minutes Goal per Week								
	M	T	W	Th	F	Sat	Sun	Total
Aerobic								
Weight								
	Total	Total	Total	Total	Total	Total	Total	Grand Total

This Week’s Accomplishments

Taking My Three Cambridges

Exercise

Keeping My Food Journal

I Tend to Eat When (what triggers my appetite)

What Have I Learned About My Eating Habits? And What Do I Want to Change?
