



Keep Track of Your Successes!

Brian Wansink, the author of Mindless Eating, has conducted very interesting research into the factors that influence how much we eat. Wansink suggests this type of journal as a possible alternative to a detailed food journal. Give it a try! In the left column, write down the small changes that you are making in your eating and exercise habits. Some examples are: walking up and down stairs for 5 minutes, doing 4 strength training moves, eating smaller portions, eating nothing after 8 p.m. Each day, give yourself a check mark for the ones that you complete. If you like, total up your checkmarks at the end of the week. Use the chart you've filled in to plan what habits you want to develop or reinforce next week.

Changes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday