



© 2007 Group Health Plan, Inc.
HealthPartners Research Foundation
P.O. Box 1524
Bloomington, MN 55440-1524

SAMPLE

Food & Activity Log



Monthly Weight Chart

- Record your current weight in the box on the left side of the chart.
- Put an "X" each week on the graph based on your average weight for that week.



Table of Contents

<i>Keep It Off</i> Strategies for Successful Weight Maintenance	2
Logbook Instructions.....	4
Sample Logbook	6
Daily Logbook Pages and Weekly Summaries	8
Activity Level Intensity Table	88
Monthly Weight Chart	92

Key Strategies for Successful Weight Loss Maintenance

1. Be physically active; take part in 60 to 90 minutes of moderate-intensity physical activity (e.g. walking/ jogging, swimming)each day.
2. Write down your weight, physical activity and eating on a regular basis, preferably daily.
3. Eat a diet that's moderate in calories and allows you to maintain your weight.
4. Eat breakfast every day.



Soccer (game)	High	10
Soccer (non-game)	Moderate	7
Spinning	Moderate	7
Stairmaster, Lifestep machine	High	10
Swimming (laps)	High	10
Swimming (leisurely), snorkeling	Light	5
Tae Kwon Do	High	10
Tai Chi, Chi Gong	Light	5
Tennis (doubles)	Moderate	7
Tennis (singles), Squash	High	10
Ultimate Frisbee	Moderate	7
Volleyball	Light	5
Walk/jog	Moderate	7
Water exercises/water skiing	Light	5
Weight lifting (circuit training, universal, free weights)	Light	5
Weight lifting (free weights, power, body building)	Moderate	7
Wrestling	High	10
Yoga	Light	5