

LiSM10! Self-monitoring sheet (Implementation record)

Name

Write <input checked="" type="checkbox"/> if you did this activity, <input type="checkbox"/> if you didn't.	Times/week	Total %	First week							Second week							Third week							Fourth week							Fifth week								
			1	2	3	4	5	6	7	%	8	9	10	11	12	13	14	%	15	16	17	18	19	20	21	%	22	23	24	25	26	27	28	%	29	30	31	32	33
Weight measurement			. kg							. kg							. kg							. kg							. kg								
Physical activity action plan																																							
Count the total number of steps per day																																							
Walk <input type="text"/> Steps or more																																							
Dietary habit action plan <input checked="" type="checkbox"/> item : to be increased <input type="checkbox"/> item : to be decreased																																							
Count the number of healthy foods you ate today																																							
<input checked="" type="checkbox"/>	Green and deep yellow vegetables																																						
	Light-colored vegetables																																						
	Fish																																						
	Soy and soy products																																						
	Mushrooms, seaweed, and konjac																																						
<input type="checkbox"/>	Large servings of grains such as rice, bread, and noodles																																						
	Sweets/ pastries																																						
	Sugary drinks																																						
	Fatty meats																																						
	Meat products																																						
	Butter, margarine, dressing, and mayonnaise																																						
	Eggs and liver																																						
	Fried food																																						
	Pickles																																						
	Soup																																						
	Consume one or fewer alcoholic drinks per day																																						
	Record alcohol consumption (number of drinks per day)																																						
Weekly comments																																							

SAMPLE