**Tracking Tips**

- **Keep track of what’s important to you.** If you want to lose weight, you may want to track calories. Or, you might track other nutrients such as carbs, fiber, or salt. And don’t forget about sleep. You might be surprised at how your sleep can affect your other health habits.

- **Be honest.** You don’t need to impress anyone. You just need an accurate account of your daily choices.

- **Be complete.** Write down everything that goes in your mouth — especially when you don’t want to. Include portion sizes.

- **Revisit your goals.** Remember where you’re headed, and keep at it. Day by day, you CAN improve your habits — and your health.

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**Nutrition.** Eat more vegetables, fruits, and other high-fiber foods. Watch your portions, and cut back on sweets. Give yourself a ★ when you eat with your family.

My daily goal: ________________________

My goal this week: ________________________

**Activity.** Work up to at least 150 minutes of aerobic activity a week — or 250 to 300 minutes if you want to lose weight or maintain weight loss. Sit less and move more throughout the day.

My daily goal: ________________________

My goal this week: ________________________

**Weight.** If you need to lose weight, take it slowly. One or two pounds a week is a good goal. Weigh yourself once a week.

My weight today: ________________________

My goal this week: ________________________

---

**LiVe Well 1-Week Habit Tracker**

**Date:** ________________________  (circle one)  S  M  T  W  T  F  S

<table>
<thead>
<tr>
<th>Sleep</th>
<th>Number of hours I slept last night:</th>
</tr>
</thead>
</table>

### Vegetables

- Activity: ________
- Minutes: ________ *(aim high)*
- Intensity: □ Light
  - □ Moderate
  - □ Vigorous

### Fruits

- Hours sitting *(aim low)*
  - at work/school
  - outside work/school

---

**Meal**

<table>
<thead>
<tr>
<th></th>
<th>Food item (portion size)</th>
<th>I’m also tracking</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Lunch

- Activity: ________
- Minutes: ________ *(aim high)*
- Intensity: □ Light
  - □ Moderate
  - □ Vigorous

### Dinner

- Activity: ________
- Minutes: ________ *(aim high)*
- Intensity: □ Light
  - □ Moderate
  - □ Vigorous

### Snacks

- Activity: ________
- Minutes: ________ *(aim high)*
- Intensity: □ Light
  - □ Moderate
  - □ Vigorous

---

## LiVe Well 1-Week Habit Tracker 2

**Date:** ________________________  (circle one)  S  M  T  W  T  F  S

<table>
<thead>
<tr>
<th>Sleep</th>
<th>Number of hours I slept last night:</th>
</tr>
</thead>
</table>

### Vegetables

- Activity: ________
- Minutes: ________ *(aim high)*
- Intensity: □ Light
  - □ Moderate
  - □ Vigorous

### Fruits

- Hours sitting *(aim low)*
  - at work/school
  - outside work/school

---

**Meal**

<table>
<thead>
<tr>
<th></th>
<th>Food item (portion size)</th>
<th>I’m also tracking</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Lunch

- Activity: ________
- Minutes: ________ *(aim high)*
- Intensity: □ Light
  - □ Moderate
  - □ Vigorous

### Dinner

- Activity: ________
- Minutes: ________ *(aim high)*
- Intensity: □ Light
  - □ Moderate
  - □ Vigorous

### Snacks

- Activity: ________
- Minutes: ________ *(aim high)*
- Intensity: □ Light
  - □ Moderate
  - □ Vigorous
**How did you do this week?** Tally your success at meeting your goals this week, and track your progress over time.

<table>
<thead>
<tr>
<th>Number of days I met my nutrition goals</th>
<th>Number of days I met my activity goals</th>
<th>Number of nights I slept 7 to 9 hrs</th>
<th>My weight today</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ate a meal with family</td>
<td>Healthy breakfast</td>
<td>Vegetables and fruits</td>
<td>Other things I'm tracking</td>
</tr>
</tbody>
</table>

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