

TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

Lifestyle Log



Lifestyle Log

Your name:

Instructions for the Lifestyle Log:

Being aware of your habits is the first step in making a change in your lifestyle. Keeping track of your habits in your Lifestyle Log will make it easier for you to lose weight and develop a new, healthy lifestyle.

What to do each day:

Put the date at the top of the daily "Food Monitoring" page and check off the day of the week you are recording.

Record all meals, snacks, and drinks – including:

- ◆ time of day
- ◆ description of the food or drink (include all ingredients if it is a Combination Food)
- ◆ amount (in cups, tablespoons, slices, ounces, etc.)
- ◆ calories (using food labels and the Food Reference Guide)
- ◆ number of RED food servings you ate (using the Food Reference Guide)

Add up your calories and RED food servings in the TOTAL boxes at the bottom of the daily "Food Monitoring" page.

On the next page, record GREEN physical activity by:

- ◆ writing down the start and stop time
- ◆ writing down which GREEN physical activity you did
- ◆ crossing off the picture for every 10 minutes that you did it
- ◆ adding up the total number of minutes you were physically active

If you used your pedometer today, record the number of steps you took. Remember to reset your pedometer each day.

Write down your family meeting time.

You will keep track of specific goals that you and your PAL discuss in the "Special Goals" section.

Have your parent or guardian sign your Log.

At the end of the day:

Transfer daily TOTALS from your daily logging to the "Totals for the Week" page, including:

- ◆ Calories
- ◆ RED food servings
- ◆ Minutes of GREEN Physical Activity
- ◆ Family meetings
- ◆ Special Goals (if needed)

What to do each week:

On the "Totals for the Week" page, add up the totals for:

- ◆ RED food servings
- ◆ Minutes of GREEN Physical Activity
- ◆ Family Meetings
- ◆ Special Goals (if needed)

Each week, your PAL will help you set daily goals for calories, RED food servings, minutes of GREEN physical activity, and family meetings. Write down how many days you met these goals on your "Totals" page.

Your PAL will review the information in your Lifestyle Log with you. Your PAL will record your weight at each session and sign your Log.

GREEN Physical Activity

Fill in each activity and draw an "X" on a  for every ten minutes you did it!

Start Time Stop Time Activity

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Total minutes:

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Record your steps from the pedometer:

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Remember to reset your pedometer each day.

Family Meeting Time:

	AM	<input type="checkbox"/>
	PM	<input type="checkbox"/>

Special Goals

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Parent or Guardian Signature:

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GREEN Physical Activity

Fill in each activity and draw an "X" on a  for every ten minutes you did it!

Start Time Stop Time Activity



Total minutes:



Record your steps from the pedometer:

Remember to reset your pedometer each day.

Family Meeting Time:

<input type="text"/>	AM	<input type="checkbox"/>
<input type="text"/>	PM	<input type="checkbox"/>

Special Goals

Parent or Guardian Signature:

GREEN Physical Activity

Fill in each activity and draw an "X" on a  for every ten minutes you did it!

Start Time Stop Time Activity

Start Time	Stop Time	Activity
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>



Total minutes:



Record your steps from the pedometer:

Remember to reset your pedometer each day.

Family Meeting Time:

<input type="text"/>	AM	<input type="checkbox"/>
<input type="text"/>	PM	<input type="checkbox"/>

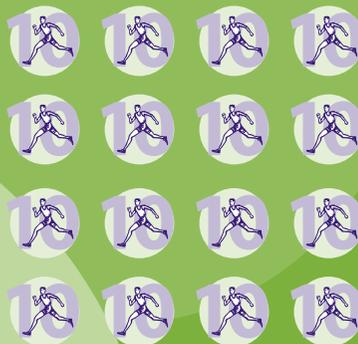
Special Goals

Parent or Guardian Signature:

GREEN Physical Activity

Fill in each activity and draw an "X" on a  for every ten minutes you did it!

Start Time Stop Time Activity



Total minutes:



Record your steps from the pedometer:

Remember to reset your pedometer each day.

Family Meeting Time:

<input type="text"/>	AM	<input type="checkbox"/>
<input type="text"/>	PM	<input type="checkbox"/>

Special Goals

Parent or Guardian Signature:

GREEN Physical Activity

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Start Time Stop Time Activity

<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>



Total minutes:



Record your steps from the pedometer:

Remember to reset your pedometer each day.

Family Meeting Time:

 AM
 PM

Special Goals

Parent or Guardian Signature:

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<input type="text"/>	<input type="text"/>	<input type="text"/>



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<input type="text"/>	<input type="text"/>	<input type="text"/>
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Total minutes:



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Special Goals

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Total minutes:

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	PM	<input type="checkbox"/>

Special Goals

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Parent or Guardian Signature:

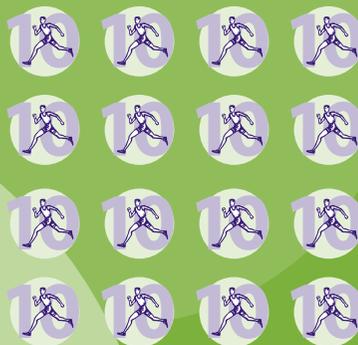
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GREEN Physical Activity

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Start Time Stop Time Activity

<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>



Total minutes:



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Special Goals

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<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
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Special Goals

Parent or Guardian Signature:

