

Directions for the Lifestyle Maintenance Phase Lifestyle Log

As you know, being aware of your habits can be one of the most powerful ways to help you make changes to your lifestyle. This new Lifestyle Log will continue to help you monitor your habits, but it is simpler than the one you used in the Lifestyle Change Phase. This will make tracking your habits easier for you!

What to do when you get your Lifestyle Log:

- ▶ Write your name and the month and year at the top of the Log.
- ▶ Write the date under each day of the week.
- ▶ In the section called "My Goals," you and your PAL will write in your 4 Key Goals for the week:
 - ▶ RED Foods: your goal for the number of RED foods you will eat each day
 - ▶ GREEN Minutes: your goal for the number of GREEN minutes you will do each day
 - ▶ Family meetings: the number of family meetings you plan for this week
 - ▶ Day I Will Weigh Myself: the day you will weigh and graph your weight
- ▶ Your PAL may also write in a Special Goal.

What to do every day:

- ▶ In the RED Foods section, mark off a red traffic light for each RED food you eat that day.
- ▶ In the GREEN Minutes section, put an "X" for every 10 minutes of activity you do that day.
- ▶ If you had a Special Goal from your PAL, write whether or not you met it in the Notes section at the bottom.
- ▶ Mark the days you have family meetings. Have your parent review and sign your Log at your family meeting.
- ▶ Mark the day you weigh yourself and graph your weight. Write your weight in your Log.

What to do at the end of the week:

- ▶ Count the number of days you met your RED Foods goal. Write that number in the space on the right side of the page.
- ▶ Count the number of days you met your GREEN Minutes goal. Write that number in the space on the right side of the page.

The form includes the following sections:

- Name:** _____
- My Goals:** RED Foods GREEN Minutes Family Meetings Day I Will Weigh Myself
- My Special Goal:** _____
- Check which days I had a Family Meeting:** Sunday Monday Tuesday Wednesday Thursday Friday Saturday
- Check the day I weighed myself:** Sunday Monday Tuesday Wednesday Thursday Friday Saturday
- FSP signature:** _____
- Weight:** _____

Date:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Days I met my goals:
RED Foods	🚦🚦🚦	🚦🚦🚦	🚦🚦🚦	🚦🚦🚦	🚦🚦🚦	🚦🚦🚦	🚦🚦🚦	<input type="text"/>
GREEN Minutes	🕒🕒🕒	🕒🕒🕒	🕒🕒🕒	🕒🕒🕒	🕒🕒🕒	🕒🕒🕒	🕒🕒🕒	<input type="text"/>
Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes	

Every two weeks, when you meet with your PAL, your PAL will go over your Lifestyle Log with you. Your PAL will also weigh you, and officially give you the points you've worked to earn.