

Make Your Own Logging System



Keeping track of a behavior is the first step toward changing it. Making your own logging system can help. It can be like the ones you have used for TODAY, or it can be different. YOU get to decide what works best for you!

How to make your own logging system

- ▶ Decide what behaviors you want to keep track of. Sometimes it is better to pick only one or two very important behaviors. Focus on them as long as you need to. For example, do you want to record:
 - ▶ All the food and calories you eat? Only RED foods?
 - ▶ Just your snacks? How often you have second helpings?
 - ▶ Your GREEN activity? Your sedentary activity?
- ▶ Collect the data.
 - ▶ Carry around a 3x5 card. Make notes on it.
 - ▶ Or, ask your PAL about wrist bands, calorie-counting bracelets, a pedometer, moving beads on a string, and other new ways to keep track.
 - ▶ Transfer your data to your log at the end of each day.
- ▶ Log the data.
 - ▶ Ask your PAL for a Lifestyle Log.
 - ▶ Use a computer to log the data.
 - ▶ Or, make a smaller log. Include the date, time, and the behavior. You may want to leave space to record:
 - ▶ The name of the food and calories
 - ▶ GREEN physical activity or fitness boosters
 - ▶ How you felt before, during, or after eating or activity
- ▶ Compare your logs from week to week. What changes do you see?

Remind yourself why logging is so important

- ▶ People who keep track of their eating behaviors and exercise lose more weight than those who don't. They are also more likely to keep weight off once they've lost it.
- ▶ It helps you see your progress. This helps you stay motivated to keep making lifestyle changes.

Additional resources

- ▶ Keeping Track: LC 2
- ▶ LC Lifestyle Log
- ▶ LM Lifestyle Log

Suggested activity

Decide which behaviors are the most important and helpful to keep track of. Make your own logging system to track them. Show it to your parents and your PAL. Ask for suggestions.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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Especially for the Family Support Person

How can I help him keep a log?

- ▶ Encourage him to keep track of lifestyle behaviors. Go over the reasons for it.
- ▶ Talk about the behaviors he should keep track of. Has he picked the most important ones? Make sure he is not keeping track of so many behaviors that he gets discouraged and wants to quit.
- ▶ Help him get organized.
- ▶ Make sure he has a safe place to keep his log.
- ▶ Help him think about simple ways he can keep track of his behaviors each day.
- ▶ Go over his log at family meetings. Use it to talk about the behaviors he is trying to change.
- ▶ Praise the efforts he is making. Emphasize how much he is doing on his own now.
- ▶ Show your support over the phone and during family meetings if he is living away from home.

What should I do if he doesn't follow through?

- ▶ Talk about why he is having trouble.
 - ▶ Is it something practical, like losing his log?
 - ▶ Does he not understand how helpful keeping track can be?
 - ▶ Are there too many behaviors he is trying to keep track of?
 - ▶ Does he not want to know when he isn't doing so well?
- ▶ Problem-solve together.
- ▶ Help him set up a reward system. Share your ideas. Offer some rewards of your own.

Additional resources

- ▶ Keeping Track: LC 2
- ▶ LC Lifestyle Log
- ▶ LM Lifestyle Log

Suggested activity

Make your own logging system for lifestyle behaviors you would like to change. Discuss your challenges with him. They might be similar to his. Use your family meetings to talk about how you are both doing.

My notes

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