

*Let's  
Get  
Fit*

A Daily Fitness Journal

4 a Healthier You

Brought to you by Kris at [4aHealthierYou.fitness](http://4aHealthierYou.fitness)

## **Getting Healthy**

*Did you know that more than two-thirds of adults in America are overweight? Being overweight doesn't just make you self conscious, it also leads to serious health concerns. Carrying around extra pounds increases a persons risk for coronary heart disease, high blood pressure, stroke, Type 2 Diabetes, abnormal blood fats, metabolic syndrome, cancer, osteoarthritis, and so much more!!!*

*Increased physical fitness, and a healthy diet, help decrease all of these risks. The 2008 Physical Activity Guidelines for Americans suggest aiming for at least 150 minutes of moderate physical exercise a week. And the BEST part? Everyone benefits from exercise!!!*

*When is the best time to start exercising and eating right? The best time is right now!!! Don't put it off,start today!*

*This journal is your all-inclusive guide to healthier living.*

## **Goals**

*The first step is to set healthy attainable goals. Healthy weight loss averages 2 pounds a week. It may take a while to reach your goals, but by keeping track of your progress, you will be able to see your progress and keep your motivation up.*

## **Eating**

*The next step is to understand your current eating behavior, then to change it. In this journal, you will be asked to keep track of a lot of different data about your eating habits. This will help you identify times of day that you are more susceptible to over eating.*

*Before eating, notice how hungry you are feeling on a scale of 1 to 10. If you don't feel hungry, consider not eating that snack, or eating a smaller meal. Simply asking yourself, "why am I eating this snack" can be a powerful tool to help you cut down on your snacking and identify possible emotional reasons behind your eating. The smiley face section is designed to help you change your mindset about food. Small healthy meals make you happy, whereas, large unhealthy meals make you sad.*

*To maintain your weight you have to consume about 12 to 15 calories per day for every pound you weigh. If you want to lose weight, then you have to eat fewer calories. If you want to lose about 1 pound per week, you should reduce your calorie intake by 500 calories per day. If you want to lose 2 pounds a week, reduce your intake by 1,000 calories per day. But don't push yourself too hard! If weight loss is too rapid, it is more difficult to maintain and leads to serious health concerns. Women should eat at least 1,200 calories per day, men should eat at least 1,500 calories a day.*

Your weight \_\_\_\_\_ x 15 = Current avg. calorie intake \_\_\_\_\_

Current avg. calorie intake \_\_\_\_\_ - 500 = \_\_\_\_\_ 1 lb lost per week

Current avg. calorie intake \_\_\_\_\_ - 750 = \_\_\_\_\_ 1.5 lbs lost per week

Current avg. calorie intake \_\_\_\_\_ - 1000 = \_\_\_\_\_ 2 lbs lost per week

Daily Calorie Balance \_\_\_\_\_

## ***Water***

*People often overlook the importance of water in planning a healthy diet. There are several reasons why drinking water is great for everyone. Water helps speed up metabolic processes, it also moves waste and fat out of your body. The current guidelines are for healthy adults to aim to drink eight 8 ounce glasses of water a day.*

## ***Exercise***

*Daily exercise will help you lose weight; strengthen your muscles, heart, and lungs; and give you more energy. Anything that gets you to move and burn calories can count. If you find something that you enjoy, you are more likely to do it everyday. Remember, strength training is just as important as cardio. Increasing your muscle mass also increases your metabolism. And don't worry women, you can do strength training without getting "bulky". You can get lean and strong, all while increasing your metabolism.*

*You'll also be asked to judge other aspects of your life: sleep, stress, exertion, and energy level. This will help you notice any common trends to your eating and exercise habits in relationship to other aspects in your life.*

# Starting Statistics

Enter your starting statistics into the chart below, along with your realistic aims. You don't have to fill in everything, plus there is room for you to add more, if you wish. Come back to this page every four weeks to complete the chart again, this will help you evaluate your progress.

Date: \_\_\_\_\_

	<i>Current</i>	<i>Goal</i>	<i>Week 4</i>	<i>Week 8</i>	<i>Week 12</i>	<i>Week 16</i>	<i>Week 20</i>
<i>Weight:</i>							
<i>Chest:</i>							
<i>Waist:</i>							
<i>Hips:</i>							
<i>Thighs:</i>							
<i>Calves:</i>							
<i>Upper Arm:</i>							


*Any other goals:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Month:  Day :

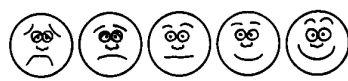
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**Glasses of Water**




**Weight:**

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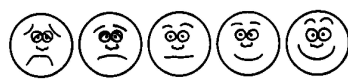
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**Glasses of Water**  



Weight:

Breakfast	Amount	Calories	Time	Location
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<i>Food</i>	<i>Exercise</i>
	




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**Mon** **Tues**  
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 Stress 12345678910  
 Exertion 12345678910  
 Energy 12345678910

**Wed** **Thurs** **Fri** **Sat** **Sun**  
**Glasses of Water**  



Weight:

Breakfast	Amount	Calories	Time	Location
				How hungry were you?
				Not 1 2 3 4 5 6 7 8 9 10 Very
				How do you feel about the Healthiness/Size of this meal?
				Large <span style="float: right;">Small</span>
				
				Well Done!
Total Breakfast Calories:				

Snack	Amount	Calories	Time	Location
				How hungry were you?
				Not 1 2 3 4 5 6 7 8 9 10 Very
				Why did you eat this snack?
Total Snack Calories:				

<b>Lunch</b>	<b>Amount</b>	<b>Calories</b>	<b>Time</b>	<b>Location</b>
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<i>Total Snack Calories:</i>				



<b>Dinner</b>	<b>Amount</b>	<b>Calories</b>	<b>Time</b>	<b>Location</b>
				<p>How hungry were you?            Not 1 2 3 4 5 6 7 8 9 10 Very</p> <p>How do you feel about the            Healthiness/Size of this meal?</p> <p>Large <span style="float: right;">Small</span></p>  <p style="text-align: right;">Well Done!</p>
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**Total Daily Calories:** \_\_\_\_\_ **Daily Balance-Total:** \_\_\_\_\_

<i>Exercise</i>	<i>Target</i>	<i>Achievement</i>

*How happy are you with how you ate and exercised today?*

<i>Food</i>	<i>Exercise</i>
	


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