



One of the best ways to make sure you are getting the best results out of your diet is using a nutritional journal. When everything is written down you can see exactly how much you are eating. Everything you eat gets recorded down so you know exactly how much food you have eaten and how many calories you have consumed.

A food journal can help you in the following ways:

1. Assess food allergies
2. Keep track of hunger levels
3. Help you realize just how much or how little you are eating daily
4. Record energy levels throughout the day
5. Keep track of foods that you are sensitive towards (foods you may be allergic to)
6. Keep track of how foods impact performance levels

Food journaling also makes it easier to keep track of your macro nutrient ratios. If you know you need to be eating certain macro nutrients in certain rations then keeping a log or journal makes it very easy to add them up. Photocopy the following pages for each day of the week. You can put them in a binder or just staple them together.



Using the Journals

1. For the first week before training use the journal to see how much food you are eating. At each meal record the foods that you ate, the amount (in grams) and the time you ate. Do not purposely eat more during this week. We are trying to find your base caloric intake.
2. At the end of the day log onto www.calorieconnect.com and enter what you have eaten for the day
3. Record your total calories consumed and add and record your totals for each macronutrient (fat, protein and carbohydrates)
4. If you notice any changes in energy levels, appetite or mood after any of your meals record it in the comments section.
5. At the end of the week add up all the calories from each day and divide that number by seven to get your average daily caloric intake. (this number will represent your base caloric intake)
6. If your goal is to add one pound a week then spread an extra 1,500 calories throughout the week (a surplus of 1,500 calories will create an extra pound of bodyweight)
7. Record any additional information in the comments section.
8. After the first week you can use the logs to compare your totals to make sure you are consuming the correct amount of calories in order to attain your goals.

3 Simple Rules For Journaling

1. Write down Everything

In the Notes and Comments section write down how you felt after your meals, what stopped you from eating healthy, what you want to eat the next day etc. Record everything that's on your mind.

2. Do It Now

Don't depend on your memory at the end of the day. Record everything as you eat it. Try to record information after every meal and snack.

3. Be Specific

Be specific with the amount of food you are eating. Record in grams, ml, cups, oz. etc. Use a specific measurement and stick with it everyday so it is comparable.