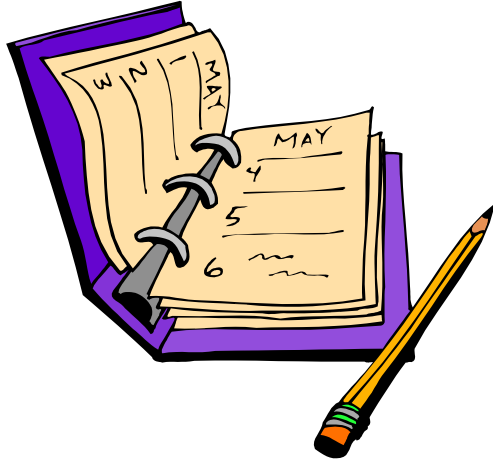


Small Changes for Health 2006



Week 11

Studies have shown that people who record and monitor what they eat and drink have more success in losing weight. Food diaries help you become more aware of your eating habits and problem areas. They can help you recognize if you are eating because of other reasons besides hunger. They also give you a basis from which to plan changes. They help keep you focused on your goals, and allow you to look back and see how things have changed over time.

Your Small Change: Record everything you eat and drink for at least two days this week.

Check off the days you complete this activity below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 11

Your Small Change: Make sure that you record everything you and drink for at least two days this week.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments: _____

Please return the bottom half of this form to Health Promotion in Room 910, at the end of this week.

