

## Step One – Getting Organized

- Record everything you eat—all food, drink, candy, and gum on the attached diet journal sheets.
- Record your daily weight on the attached diet journal sheets.
- Measure yourself weekly:
  - **Female**— Bust, Waist, Hips, Both Thighs
  - **Male**— Belly, Waist
- Bring your diet journal back to your next appointment so we can review your eating habits together.
- Put a check mark in the heart each day you exercise. (We recommend 30 minutes at least 3-4 times a week.)

## Step Two – Making Changes

- Switch to diet drinks. It is also helpful to keep water near you and drink throughout the day.
- Try to avoid eating after 8 pm.
- Recognize and avoid empty calories (Candy, Soda, Chips).
- Avoid excessive snacking.
- Spread your calories out over the day, don't fast and then binge.
- Always eat breakfast to kick start your metabolism.
- Don't eat from the bag, remove a serving of food from the bag and put food away.
- Don't graze. Try chewing gum at parties or family gatherings to curb your appetite.
- Avoid diet extremes; strive for a well rounded diet including lots of fresh fruits and vegetables.
- Avoid foods with excessive of fat, cholesterol, sugar and carbohydrates.
- Start exercising with a friend! Exercise 30 minutes or more at least 3-4 times a week.
- Continue to keep your diet journal!

**Stick with it! Ideal rate of weight loss is 1-2 lbs per week.  
That may not sound like much but in a  
year's time that's as much as 50-100 lbs!**

If you have questions or concerns,  
please call our office at 304-697-2035  
and ask for your health care provider's nurse.

**Week One**

**United Health Professionals, Inc.**

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








Measurements: Belly (Male), Bust (Female):

Waist:

Hips:

Rt Thigh :

Lt Thigh:

Exercise	Weight	Morning	Afternoon	Evening	After 8PM
SUN 					
MON 					
TUES 					
WED 					
THURS 					
FRI 					
SAT 					

**Week Two**

**United Health Professionals, Inc.**

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








Measurements: Belly (Male), Bust (Female):

Waist:

Hips:

Rt Thigh :

Lt Thigh:

Exercise	Weight	Morning	Afternoon	Evening	After 8PM
SUN 					
MON 					
TUES 					
WED 					
THURS 					
FRI 					
SAT 					

**Week Three**

**United Health Professionals, Inc.**

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








Measurements: Belly (Male), Bust (Female):

Waist:

Hips:

Rt Thigh :

Lt Thigh:

Exercise	Weight	Morning	Afternoon	Evening	After 8PM
SUN 					
MON 					
TUES 					
WED 					
THURS 					
FRI 					
SAT 					

**Week Four**

**United Health Professionals, Inc.**

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








Measurements: Belly (Male), Bust (Female):

Waist:

Hips:

Rt Thigh :

Lt Thigh:

Exercise	Weight	Morning	Afternoon	Evening	After 8PM
SUN 					
MON 					
TUES 					
WED 					
THURS 					
FRI 					
SAT 					

**Week Five**

**United Health Professionals, Inc.**

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







Measurements: Belly (Male), Bust (Female):

Waist:

Hips:

Rt Thigh :

Lt Thigh:

Exercise	Weight	Morning	Afternoon	Evening	After 8PM
SUN 					
MON 					
TUES 					
WED 					
THURS 					
FRI 					
SAT 