

## Week Ten - Maintaining a Food Journal



Keeping a food journal can help you measure progress, identify triggers and hold yourself accountable!

In a food journal, it's essential to document not only what you eat but also the context surrounding your meals. Include details such as the time of day, portion sizes, and any accompanying beverages or snacks. Be as specific as possible about the types of foods consumed, including ingredients and preparation methods. Additionally, note any emotional or environmental factors that may have influenced your eating choices, such as stress, boredom, or social gatherings. Tracking your hunger levels before and after meals can also provide valuable insights into your eating patterns. Finally, don't forget to jot down any relevant health or dietary considerations, such as allergies, intolerances, or specific nutrition goals. By recording these details consistently, you'll gain a clearer understanding of your eating habits and be better equipped to make positive changes for your overall health and wellbeing.

If you'd prefer to use an app instead of a physical journal, here are some great places to start:

[MyFitnessPal](#)

[Cronometer](#)

[See How You Eat](#)