How to Cope With Challenges - Tracking Food

It can be challenging to track your food. Getting into a routine of logging your food can seem like a hassle but the benefits of knowing exactly how much you've been eating will pay off in the end. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
I'm too busy.	 □ Make time to track. It takes just a couple of minutes after each meal. □ Remember why you're tracking—to improve your whole body health. 	
I keep forgetting.	 □ Make tracking part of your daily routine. □ Put a reminder on your phone or computer. □ Set a timer. □ Leave yourself notes where you'll see them. Stick a note on your desk. □ Ask friends and family to remind you. 	
I don't like to track.	 □ Share your results with others. □ Give yourself a small (non-food) reward for meeting your food goals. □ Ask a friend or family member to track their food too. □ Try smartphone and computer apps. 	

Resources for Tracking:

- · Shapa App
- My Fitness Pal
- Lose It
- CalorieKing.com

