

# Record Where Your Excess Calories Are Coming From

It is easy to get more calories than you need (excess calories). Being aware of your eating habits is the first step in knowing where your excess calories are coming from. Once you know what you are eating and why, you can make healthy changes by setting goals. **Five areas** that may add excess calories are:

1. Drinks with calories (except skim and 1% milk)
2. Fried or deep fried foods
3. High fat foods (salad dressing, muffins, hot dogs, cheese, oils, margarine, nuts and seeds)
4. Eating out
5. Sweets and extras (ice cream, cakes, cookies, chocolate bars, candies)

The goal of this activity is to help you find out which of these five areas may add excess calories.

## Instructions:

1. Every time you have a food or drink that fits in one of the five areas in the chart below, make a mark with an X in the box under the day it happened. Example: If you had ice cream on Monday, type an X in the *Sweets and extras* box under *Monday*.
2. At the end of the week, count your X marks for each of the five areas. In the last column, write the total number of X's for each area.
3. Find the area with the most X marks to see which of the five areas are adding excess calories for you.

When you're ready, you may want to set a goal to make a change. The tips on the back of this page will help you set a SMART goal.

Five areas that may add excess calories	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total number of X's
Drinks with calories (except low fat milk)								
Fried or deep fried foods								
High fat foods								
Eating out								
Sweets and extras								

## Make SMART goals

Making changes to your lifestyle is easier when you make SMART goals. Use the SMART guidelines below.

<i>Specific</i>	State what you are going to do and how to do it.
<i>Measurable</i>	Your goal should answer questions like how much and how many.
<i>Attainable</i>	Choose a goal you can achieve. Start with small changes.
<i>Rewarding</i>	The goal should make you feel good when you achieve it.
<i>Timely</i>	Give yourself a time limit to reach your goal.

### Example of a SMART Goal

<b>Goal: I will limit sweets and extras to 0–2 each week.</b>	
<b>Specific</b>	<ul style="list-style-type: none"> <li>• Eat no more than two sweets and extras each week.</li> <li>• Choose vegetables or fruit instead of eating a sweet or extra.</li> </ul>
<b>Measurable</b>	<ul style="list-style-type: none"> <li>• Write down each time I have a sweet or extra.</li> </ul>
<b>Attainable</b>	<ul style="list-style-type: none"> <li>• I will start by decreasing my intake of sweets and extras from 3 to 1 each day.</li> </ul>
<b>Rewarding</b>	<ul style="list-style-type: none"> <li>• When I choose a vegetable or fruit instead of a sweet or extra, I will feel like I have done something to improve my health.</li> </ul>
<b>Timely</b>	<ul style="list-style-type: none"> <li>• This week I will limit my sweets and extras to 1 each day.</li> <li>• Each week after, I will have 1 less sweet or extra. I will do this until I have reached my goal of 0–2 each week.</li> </ul>

## It's your turn to set a SMART goal!

Here are the top 5 tips to reduce calories. Choose a tip you would like to work on. Then use the chart below to help you set a SMART goal.

1. Avoid drinks with calories (except skim and 1% milk).
2. Limit high fat foods and added fats.
  - Choose small amounts of healthy fats
3. Limit eating out to 0–2 times each week.
4. Limit sweets and “extras” to 0–2 each week.
5. Record what you eat and drink.

<b>My first goal is:</b>
<b>Specific:</b> How will I do it? What, when, where, and how?
<b>Measurable:</b> How will I measure it? How much, how many?
<b>Attainable:</b> Is this something I can do?
<b>Rewarding:</b> Is this something I want to do?
<b>Timely:</b> How often or when will I do this?