

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

Resources for Tracking:

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