

# FOOD TRACKING WHAT TO LOG



## TIME

What time of day do you eat the most calories? How often do you eat?



## ENVIRONMENT

Where were you? Who was with you? Did someone pay for your meal?



## EMOTIONS

How did you feel?



## INGREDIENTS

When cooking at home, track each ingredient and simply divide by the number of servings to determine your total intake.



## CONDIMENTS

Peanut butter, mayonnaise, dressing, etc. It's easy to underestimate the serving size of these toppings.



## WATER

You can track this or leave it out, it depends on your goals.



## EXERCISE

You don't have to track your physical activity, but remember that your "net calories per day" will be the most important factor in improving or maintaining your body composition the healthy way.