

Notes for use:

- 1 Be honest and document everything - even if it's only half a biscuit. Everything you eat contributes to your calorie intake.
 - 2 Include water and low calorie (sugar free) drinks too as an indication of what you are consuming to keep you feeling full.
 - 3 You can find how many calories per serve on the packaging of all processed foods. Make sure you consider exactly how many serving sizes you ate according to the packaging and factor the calories accordingly.
 - 4 Use a calorie counter book to estimate calories consumed from fruit, vegetables, meat and other items that don't come with a food label.
 - 5 Add up the daily calorie count and compare it with what you should be eating. Are you eating enough? Too much? Also note whether you did any exercise and how many calories your exercise burnt up (refer to the website for more information).
 - 6 Most importantly, look at the main reasons why you ate. Were you really hungry, or do boredom, moods or cravings play a role? Knowing why you eat is the first step in developing an eating plan that suits your specific needs.
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