

Keep Track

Use an app, website, or notebook to help stay on track with your healthy weight loss goals.

Food & Drinks

Record everything you eat and drink, when and where, and who you were with.



Exercise, Too

Track exercise in the same way as food to count steps and calorie-burn.

Weigh In

Check and record your weight once a week. Notice if clothes fit differently.



Review Regularly

Be sure to celebrate successes and identify how you can make healthier choices next time.



Try keeping track for at least one week to help “root out” unhealthy eating and exercise patterns.