



Food and Exercise Journal

Sensible Steps to a
Healthier Weight



Start With Small Changes

Strive for a weight loss of no more than 1-2 pounds (0.5-1 kg) per week. One pound (0.5 kg) of weight is equivalent to 3500 calories. By making small changes like eliminating 250 calories a day from food and expending 250 calories a day from exercise, you can lose one pound (0.5 kg) per week.

The most important aspect of weight control is the amount of calories, or total energy, we consume. Large portion sizes along with added fats and sugars can lead to eating too many calories. Saturated and trans fats are implicated in heart disease, stroke, breast, prostate and colon cancer, and diabetes.

Exercise – Try walking with a friend, joining a sports league, or riding your bike. Once you give exercise a chance, you will be "hooked".

Watch Your Portions – Be mindful of the amounts of food you consume at a sitting. Learn to pay attention to your hunger level and stop eating when you feel comfortably full, not stuffed.

Healthy Choices – Select foods that will help your body's health rather than foods that will affect your body's weight. Canada's Food Guide offers a basic outline of the types and amounts of food you should eat each day to give your body the nutrients it needs for optimal health.

Keep a Food and Exercise Journal – Devote some time every day to record what you've eaten. Become aware of portion sizes, and discover your personal food triggers. This food and exercise journal can help you stay focused on and committed to your goals.

Reward Yourself! – One of the most important things you can do as you lose weight is to mark your goal achievement with rewards. Celebrating your successes – even the small ones. Special treats, like a new CD or a visit to the spa, will help you stay motivated and focused – whatever works for you.

SPLENDA® Brand Products can help.

SPLENDA® No Calorie Sweetener products are a healthy alternative to sugar and can be used almost anywhere you use sugar. SPLENDA® is made with sucralose which is made from sugar, tastes like sugar, but it's not sugar. It can be used by anyone, and provides an ideal alternative to sugar for a healthy lifestyle without sacrificing taste.

Splenda®
Brand



Week 1

TIP: Exercise increases your metabolism and burns excess fat.
Be sure to include both aerobic and resistance activities.

Date: _____

| DAY | MEALS | SNACKS | EXERCISE |
|-------|-----------|--------|----------|
| SUN | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| MON | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| TUES | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| WED | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| THURS | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| FRI | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| SAT | Breakfast | | |
| | Lunch | | |
| | Dinner | | |

Track your weekly progress and reward yourself for excellent progress.

REWARDS



Week 2

TIP: Pita bread roll ups or wraps with salad fillings and some lean protein are great for lunches or to take on the go.

Date: _____

| DAY | MEALS | SNACKS | EXERCISE |
|-------|-----------|--------|----------|
| SUN | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| MON | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| TUES | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| WED | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| THURS | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| FRI | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| SAT | Breakfast | | |
| | Lunch | | |
| | Dinner | | |

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REWARDS



Week 3

TIP: Save an average of 110-150 calories by drinking water or a no-calorie or low-calorie beverage instead of sugar-sweetened sodas.

Date: _____

| DAY | | MEALS | SNACKS | EXERCISE |
|-------|-----------|-------|--------|----------|
| SUN | Breakfast | | | |
| | Lunch | | | |
| | Dinner | | | |
| MON | Breakfast | | | |
| | Lunch | | | |
| | Dinner | | | |
| TUES | Breakfast | | | |
| | Lunch | | | |
| | Dinner | | | |
| WED | Breakfast | | | |
| | Lunch | | | |
| | Dinner | | | |
| THURS | Breakfast | | | |
| | Lunch | | | |
| | Dinner | | | |
| FRI | Breakfast | | | |
| | Lunch | | | |
| | Dinner | | | |
| SAT | Breakfast | | | |
| | Lunch | | | |
| | Dinner | | | |

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REWARDS



Week 4

TIP: Be positive! The more you feel good about yourself, the easier and faster it is to lose weight.

Date: _____

| DAY | MEALS | SNACKS | EXERCISE |
|-------|-----------|--------|----------|
| SUN | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| MON | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| TUES | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| WED | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| THURS | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| FRI | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| SAT | Breakfast | | |
| | Lunch | | |
| | Dinner | | |

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REWARDS



Week 5

TIP: Save an average of 120 calories by snacking on a small piece of fruit instead of a candy bar.

Date: _____

| DAY | MEALS | SNACKS | EXERCISE |
|-------|-----------|--------|----------|
| SUN | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| MON | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| TUES | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| WED | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| THURS | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| FRI | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| SAT | Breakfast | | |
| | Lunch | | |
| | Dinner | | |

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REWARDS



Week 6

TIP: Save an average of 14 calories per teaspoon (5 mL) by switching to a non-caloric sweetener such as SLENDA® No Calorie Sweetener, to add to beverages and for baking.

Date: _____

| DAY | MEALS | SNACKS | EXERCISE |
|-------|-----------|--------|----------|
| SUN | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| MON | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| TUES | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| WED | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| THURS | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| FRI | Breakfast | | |
| | Lunch | | |
| | Dinner | | |
| SAT | Breakfast | | |
| | Lunch | | |
| | Dinner | | |

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REWARDS



A Healthy Alternative to Sugar!

For great recipes made with
SPLENDA® Brand products
and to join the

SPLENDA®

**Recipe
CLUB**

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