

# Your diet and exercise Buttoned Up.™



buttoned up®

Happily, you don't have to give up all of your favorite foods to maintain a healthy weight. You just have to keep track of what you're eating. As long as total calories in are less than or equal to total calories out, you're on track. We've designed a simple tracking form for you that will help you keep the big picture in focus, even if you splurge on a cookie now and then.

week of:

starting weight

ending weight

meal	monday	tuesday	wednesday	thursday	friday	saturday	sunday
breakfast	calories	calories	calories	calories	calories	calories	calories
lunch							
dinner							
snacks							
beverages							
TOTAL CALORIES/DAY		+	+	+	+	+	+

It's much easier to keep on taking those baby steps if you are reminded of your progress on a regular basis.

Track your routine with these daily exercise grids. Identify and eliminate any exercise ruts early so you stay on track.

TOTAL CALORIES/WK

exercise	monday	tuesday	wednesday	thursday	friday	saturday	sunday
cardio y <input type="radio"/> n <input type="radio"/>	distance	distance	distance	distance	distance	distance	distance
weight bearing/ stretching y <input type="radio"/> n <input type="radio"/>	focus areas	focus areas	focus areas	focus areas	focus areas	focus areas	focus areas
MINUTES/DAY							

TOTAL MINUTES/WK