

# Food Journaling for Success Session

## Questionnaire

1. According to the study mentioned, participants that logged 6 days per week lost \_\_\_\_ as much weight as the participants that logged less than or equal to 1 day per week.
2. Name 2 benefits of tracking your food intake.
3. Name the method of food tracking you will be using: \_\_\_\_\_.
4. List 3 details to include in your food journal other than the name of the food you ate.
5. On the portion control slide with nuts/trail mix, the estimated or “eyeball” portion contained how many more calories than the recommended portion? Hint: the recommended portion was 180 calories.
6. True or False: As long as I stay within my calorie needs for the day, the foods I choose do not matter.
7. Scenario: *I don't have time* to keep a food journal. What is one tip you would give me?
8. What is one detail most people neglect to include in the food journals?