



## **IMPORTANCE OF RECORD KEEPING**

Have you ever heard of the saying “Ink it and you think it”? That saying rings true for the topic of record keeping. With the obesity rates climbing to epidemic proportions in America, researchers believe that keeping a diary can be the most important factor in your success with weight management. A diary that consists of food intake and exercise can be the difference in losing 10 pounds or gaining 10 pounds in a year.

Keeping a food diary in its simplest form can create instant awareness of problems and successes with food intake. Many individuals have suffered the effects of yo-yo dieting – lose 15, gain 30 back. The yo-yo dieting syndrome is created when individuals try just about every diet (Grapefruit, South Beach, Slim fast, Atkins, ect...) and fail to recognize the true importance of weight management – calories in vs. calories out. The frustration can mount until the individuals sit down and write down every bite and drink honestly. Without knowing where you stand calorically each day your goal can become a mountain of despair. Take an example of when an individual realizes that the bagel, yogurt, and coffee are adding up to 600 calories by 9am. Imagine the wake up call when the individual’s calorie goal for the day is 1200, and by 9am they have already eaten fifty percent of their total intake.

Along with creating awareness, a diary can create accountability to yourself, a sense of pride and accomplishment of knowing you are moving more and eating healthier, and an improved education as it relates to your body and how it feels.

In a new study from the Kaiser Permanente Center, scientists found that individuals that maintained a diary doubled their weight loss. Imagine how good you will feel with your newfound energy, new body, and higher esteem just by simply keeping a diary.

### **Paper vs. Technology**

The paper versus technology (web diary, mobile phone diary) comes down to the individual. In the end the individual will weigh the pros and cons of both formats. Below you will find a brief list.

	<b>Pros</b>	<b>Cons</b>
<b>Paper</b>	Quick "Ink it you think it" More personal Mobile	No Nutrition Database Can get messy Can get lost Inaccuracy higher
<b>Technology</b>	Nutrition Database Nutrient Breakdown Neat & Concise Graphs & Tables Mobile	Time Consuming Less Personal Sitting @ a computer