



How Can I Keep Track of Physical Activity and Healthy Eating?

Taking care of your heart is one of the most important things you can do in life. Planning a healthy diet and a regular physical activity program is the key to success. Prepare yourself by...

- Being committed to change
- Setting specific and realistic goals
- Thinking about possible roadblocks
- Deciding how to deal with problems
- Not being discouraged by minor setbacks

My physical activity goals

Before you start a physical activity program, set two goals:

- What you are going to do each week
- What you want to accomplish in 12-weeks

Make these goals as realistic as you can. Remember, you can always adjust them.

Sample Plan: I plan to walk briskly for 30 to 60 minutes 5 or more times each week.

Weekly Goal: _____

12-Week Goal: _____

At the end of each 12-week period, set new goals.

My healthy eating goals

Talk about your diet with your doctor, nurse or dietitian. Together, fill in your goals in the blanks below.

_____ Number of calories per day

_____ Number of grams of saturated fat per day

_____ Weight (weigh yourself once a week)

Foods to avoid or reduce: _____

Foods to include or increase: _____

Physical Activity Diary — Once you've set your physical activity goals, use this sample chart to track your efforts.

WEEK:	Type of Activity	Minutes/Distance	How I Felt
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Total Minutes/Distance:			



Food Diary — Once you've set your eating goals, use this sample chart to track your efforts.

WEEK: _____ DAY: _____

	Food or Beverage	Amount	Number of Calories	Grams of Saturated Fat
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Daily Totals:				

HOW CAN I LEARN MORE?

- 1** Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease and stroke.
- 2** Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- 3** Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

How much weight should I lose?

How fast should I lose weight?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.