

“The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small, manageable tasks, and then starting on the first one.”

Author: Mark Twain

Motiv8 Physical Activity and Nutrition Log

Recording your eating and activity behaviours in a log will help you to understand your habits and is a practical way to help you make a change. This log will help you to set goals, break down barriers, and keep you motivated to make a lifestyle change. These lifestyle changes will help you achieve and maintain a healthy weight.

Change is not easy, but with knowledge, motivation, skill, and support you can do it!

- Step 1** Review the Goal Setting page and record your SMART goals.
- Step 2** Review the Breaking Down Barriers page and start to break down your barriers.
- Step 3** Read the Example Log page to see how to record in the log.
- Step 4** Record your behaviours daily in your Physical Activity and Nutrition Log.
- Step 5** Review your log at the end of each week to see where you were successful and what you need to work on.

If you have questions about any of the eight Motiv8 behaviours, check out the [Motiv8 fact sheet](#). If you have a question about Motiv8, or the log, please call KFL&A Public Health Living Well Line at 613-549-1232 or 1-800-267-7875, ext. 1180.



An initiative by KFL&A Public Health

www.eatwellgetfitlivelife.ca

May 2011

Sample SMART healthy eating and physical activity goals:

"I will walk for thirty minutes at a moderate intensity, Monday through Friday, for four weeks."

"I will eat two extra vegetable or fruit servings every day for four weeks."

Refer to your goals regularly to help keep you on track.

Goal Setting

Setting goals will help you to stay focused and monitor your progress while adopting a healthier lifestyle. It is important that your goals be developed using the **SMART** principle:

S	Specific —be clear about what you want to accomplish.
M	Measurable —use indicators to track your progress from start to finish.
A	Action oriented —make goals that require you to take action.
R	Realistic —make goals practical and within your personal capabilities.
T	Timelines —have a specific timeline so that you feel obligated to work towards, and achieve your goals.

Write your own SMART healthy eating and physical activity goal for the next six weeks.

Healthy eating goal: _____

Physical activity goal: _____

Each week write your short term goals in your log. These short term goals should be small steps to help overcome barriers, keep you on track, and help you reach your long term goals.



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Approach lifestyle change as if you are learning to play an instrument or speak a new language. It takes time and hard work to be good at it, but it is worth it in the end.

Breaking Down Barriers

It takes more than desire to make change happen. It takes work. You will face barriers such as unhealthy foods on buffets, and poor weather that makes it difficult to be active. Breaking your barriers down into smaller, more manageable pieces and reframing them in a positive context will help you succeed.

To break down barriers you need to change your environment and routine by removing things that lead you to perform an unwanted behaviour, and provide yourself the things you need to succeed and reach your goals. For example, if you are going to a party or gathering where you know there will be unhealthy choices, eat a large salad with lots of colourful vegetables before heading out. This will help you feel full, prevent you from eating too much and help you get the recommended amount of vegetables and fruit for the day.

Reframing involves looking at barriers from a different perspective; making the problem part of the solution. An example is to change the thought, "There is no where to park close to the mall and I have a lot to carry" to a positive message, "Carrying all these bags to where I parked at the far end of the parking lot will make my arms and legs stronger."

Next, take time to break down a couple of the barriers you will face every day. Each week in the log there is space to write the barriers and negative thoughts you have faced, and space to write ways to overcome these barriers and to reframe your thoughts.

Barrier to making change	Small steps for success
1. <i>Snack without thinking.</i>	<i>Have water ready and available.</i>
	<i>Don't eat in front of the TV or computer.</i>
2. <i>No time to exercise.</i>	<i>Watch 30 minutes less TV in the evening.</i>
	<i>Go for a walk after supper.</i>
	<i>Keep sneakers at work to walk at lunch.</i>



Example Log

George, 35, is working to maintain his weight by eating healthy and being physically active. The following description is from a day in the life of George with an excerpt from his log.

George begins his day at 7:00 a.m. He enjoys a bowl of high fibre cereal with low fat milk and an orange for breakfast. After breakfast he puts on his pedometer and goes for a 15 minute walk. He is aiming for 10,000 steps today. There are coffee and doughnuts at work today and he indulges. George brought a healthy lunch from home and resists the temptation to go for pizza. After work, he has a quick snack of carrots and low fat yogurt dip, and has a glass of water, before going for a 25 minute walk. After his walk, George makes a healthy meal at home. It's Thursday and his two favourite shows are on so he watches two hours of TV. He does stretches on the commercial breaks during the first show (about 10 minutes), and enjoys a bag of popcorn and a glass of water instead of pop during the second.

* Be active blocks = 10 minutes
 ** Watch less TV blocks = 30 minutes
 *** Vegetables and fruit blocks = 1 serving

Motiv8 Behaviours	Thursday
Be active * 30 minutes, 5 days per week Number of steps	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 8,800
Watch less TV ** Two hours or less per day	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Breakfast every day Include 3 of the 4 food groups	<input checked="" type="checkbox"/>
Re-think your snack Include 2 of the 4 food groups	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water Replace pop or fruit drink with water	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Vegetables and fruit *** Women: 7 servings Men: 8 servings	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Make meals at home Most days of the week	B L S <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Foods to limit High in calories, fat, sugar, and sodium e.g., pop, chips, french fries, cake, etc.	<i>Donut Popcorn</i>



**Fresh, frozen, or canned
vegetables**
125 mL (½ cup)



Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)



**Fresh, frozen, or canned
fruits**
1 fruit or 125 mL (½ cup)

For more serving size information read [Eating Well with Canada's Food Guide](#)



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This week's healthy eating goal: _____

This week's physical activity goal: _____

Motiv8 Behaviours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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Foods to limit High in calories, fat, sugar, and sodium e.g., pop, chips, french fries, cake, etc.								

Breaking Down Barriers

Barrier	Steps to overcome the barrier
1)	
2)	

* Be active blocks = 10 minutes ** Watch less TV blocks = 30 minutes *** Vegetables and fruit blocks = 1 serving
For more serving size information read [Eating Well with Canada's Food Guide](http://www.eatwellgetfitlivelife.ca)



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Breaking Down Barriers

Barrier	Steps to overcome the barrier
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This week's healthy eating goal: _____

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Breaking Down Barriers

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Breakfast every day Include 3 of the 4 food groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Re-think your snack Include 2 of the 4 food groups	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Water Replace pop or fruit drink with water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables and fruit *** Women: 7 servings Men: 8 servings	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Make meals at home Most days of the week	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Foods to limit High in calories, fat, sugar, and sodium e.g., pop, chips, french fries, cake, etc.								

Breaking Down Barriers

Barrier	Steps to overcome the barrier
1)	
2)	

* Be active blocks = 10 minutes ** Watch less TV blocks = 30 minutes *** Vegetables and fruit blocks = 1 serving
For more serving size information read [Eating Well with Canada's Food Guide](#)



This week's healthy eating goal: _____

This week's physical activity goal: _____

Motiv8 Behaviours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Be active * 30 minutes, 5 days per week Number of steps	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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Breaking Down Barriers

Barrier	Steps to overcome the barrier
1)	
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Vegetables and fruit *** Women: 7 servings Men: 8 servings	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Make meals at home Most days of the week	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B L S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Breaking Down Barriers

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