



Food & Fitness Journal

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ADIPEX-P® 
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YOUR PERSONAL FOOD & FITNESS JOURNAL

Your doctor has given you this booklet to use for recording your weight loss as well as keeping track of daily food consumption and activity.

It will help you see how well your weight loss is progressing and provide valuable tips on dieting and exercise.

Important:

Any diet or weight reducing program should be carried out only under a doctor's supervision. Your doctor can help you reduce safely and effectively, in accordance with your body's individual needs.

NAME

ADDRESS

CITY

STATE

CURRENT WEIGHT

DATE

GOAL WEIGHT

GOAL DATE



10 TIPS TO HELP YOU STAY SUCCESSFUL

To help you stay successful, here are 10 important pointers:

1. The little things are often your undoing. Two cups of coffee, each with two lumps of sugar and two tablespoons of cream, add up to 292 calories. Two cups with no-calorie sweetener and nondairy cream provide only 22 calories—more than a ten-fold difference. Be alert for high-count, sneaky calories you can easily avoid.
2. With every decade past your 30th birthday, calorie requirements drop by about ten percent. If at 40 you're eating exactly as you were at 20, don't be surprised by the bulges. Unless you're exceptionally active, you'll have to cut back as you get older just to stay even.
3. It's always a battle between the goops and the crisps. All the lovely gooey things—butter, cream, mayonnaise, salad oil, ice cream, gravies, mousses—have calorie multipliers in the hundreds, while the crisps—celery, radishes, cucumbers, lettuce, dill pickles—are low in calories.
4. If the person in your life is struggling with weight control, you can help them by not only substituting an apple for the apple pie dripping with ice cream, but also explaining why. Many people, even those who are highly educated, simply don't understand the basics about food. "I just had a hamburger for lunch" they may say, neglecting to mention that they also consumed a pile of french fries, several fried onion rings and a large hamburger roll smothered with catsup—something over 1,000 calories in all.
5. Beware of the so-called diet fruit platters in many restaurants. The cantaloupe balls have only about 30 calories and the grapefruit sections another 30, but the canned pear half can weigh in at 78, the canned peach at 90, the fruit gelatin at 80, the cottage cheese at 50 and the dressing, which you probably pour on generously since you're feeling so virtuous, at least 80. This is a total of 438 calories. The fruit is good for you, of course, but don't be fooled into thinking you've hardly had a calorie.
6. As fat melts away, your body often fills with water—especially if you're a woman in the middle years or older. Water accumulation explains why you can be faithful to your diet and see no weight loss reflected on your scales. A good way to reduce water retention is to cut down on salt and increase your physical activity. No diuretics, please, unless your doctor specifically orders them.
7. Don't fast for more than two or three days without strict medical supervision. A 24- or 48-hour abstinence from solid food (while drinking water, juice or other low or no-calorie fluids) can leave you tingling with triumph and several pounds lighter—for a few days anyway. But long-term fasting without protein supplements and careful monitoring of vital functions can destroy muscle and vital organ tissue.
8. When it comes to gaining or losing weight, your body makes no distinction between 400 calories in a pork sausage and those in a chunk of chocolate cake. The calories you avoid, however, should always be the most expendable—those that contain the least protein, vitamins and minerals. Fifty calories are well invested in a glass of orange juice, poorly spent on a sugary soft drink.

CALORIC CONTENT OF SELECTED FOODS

9. While a lot is known about the relationship between calories and body weight, even the most diligent researchers still can't explain why some people seem to defy the rules. We've all met the pencil-slim person who packs away malted milks, martinis and whipped cream-crowned Irish coffees on top of seven-course dinners and never gains an ounce. We've also met the perennial chubby who puts on a couple of pounds just from reading recipes (or so they claim). While theories about "glands" are given little credence by today's medical authorities, certain individuals do seem to have an unusual metabolic system that requires huge amounts of food to carry on a normal day's work. Instead of envying those eat-a-lots, think of them as inefficient machines—too bad they have to stock up on so much of that expensive fuel from the supermarket.
10. When you cross off cakes, pies, whipped cream, fat-larded steaks and roasts, fruit canned in heavy syrup and junk foods of all kinds from your shopping list, your food budget goes a lot further in terms of nutrition. And when you cut costly meat and fish down to modest 100 or 200-calorie servings, you'll find a roast, a meatloaf or a striped bass will provide twice as many meals as before. In other words, it really pays to count calories.

To calculate your individual needs more precisely, figure 15 calories for each pound of body weight if you have a moderately active lifestyle. This means that if you weigh 120 pounds, you require 1,800 calories a day; if you weigh 150 pounds, you need 2,250 calories. If you live a sedentary life, your calorie requirements will be somewhat less. If you're extremely active, you'll need to consume more calories to stay at your current weight.



MEASUREMENTS

	PRESENT	DAY 30
Date		
Upper Bust		
Under Bust		
Upper Arms		
Waist		
Hips		
Thighs		
Calves		
Total		
Change (+/-)		



MY WEIGHT LOSS RECORD

At Home

DATE	WEIGHT	LOSS

Total:

Doctor's Appointment:

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Comments:

At Home

DATE	WEIGHT	LOSS

Total:

Doctor's Appointment:

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Comments:

DAILY FOOD & EXERCISE DIARY

DAY 3		DAY 4	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8		<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8	
Exercise/Activity		Exercise/Activity	

DAY 5		DAY 6	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
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Exercise/Activity		Exercise/Activity	

DAILY FOOD & EXERCISE DIARY

DAY 7		DAY 8	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
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Exercise/Activity		Exercise/Activity	

DAY 9		DAY 10	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8		<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8	
Exercise/Activity		Exercise/Activity	

DAILY FOOD & EXERCISE DIARY

DAY 11		DAY 12	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
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Exercise/Activity		Exercise/Activity	

DAY 13		DAY 14	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
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Exercise/Activity		Exercise/Activity	

DAILY FOOD & EXERCISE DIARY

DAY 15		DAY 16	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
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Exercise/Activity		Exercise/Activity	

DAY 17		DAY 18	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
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Exercise/Activity		Exercise/Activity	

DAILY FOOD & EXERCISE DIARY

DAY 19		DAY 20	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
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Exercise/Activity		Exercise/Activity	

DAY 21		DAY 22	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8		<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8	
Exercise/Activity		Exercise/Activity	

DAILY FOOD & EXERCISE DIARY

DAY 23		DAY 24	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
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Exercise/Activity		Exercise/Activity	

DAY 25		DAY 26	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8		<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8	
Exercise/Activity		Exercise/Activity	

DAILY FOOD & EXERCISE DIARY

DAY 27		DAY 28	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8		<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8	
Exercise/Activity		Exercise/Activity	

DAY 29		DAY 30	
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
Water Intake – 8 oz. glasses		Water Intake – 8 oz. glasses	
<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8		<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8	
Exercise/Activity		Exercise/Activity	

APPROXIMATELY 100 CALORIE PORTIONS

Note: Portions are averages or medium unless otherwise specified.

✓ Alcoholic beverages	
• Scotch, gin, rye, 80 Proof	1 ½ oz.
• Wine	3 ½ oz.
✓ Apple, small	1
✓ Apricots, fresh	5
✓ Artichoke	1 cup
✓ Asparagus, raw	28 spears
• frozen	20 spears
✓ Avocado	¼ fruit
✓ Bacon	2 slices
✓ Banana, small	1
✓ Beans, baked	⅓ cup
• Lima, boiled no salt added	½ cup
• Green, cooked, snap or string	2 cups
✓ Beef, ground-broiled, 83% lean	1 oz.
✓ Beer, light	12 oz.
✓ Beets, slices, cooked	1 cup
✓ Biscuit, muffins, roll (2.25 in. dia.)	
✓ Blackberries, fresh	1 cup
✓ Blueberries	1 cup
✓ Bologna, beef or pork	1 ½ oz.
✓ Bread, white or wheat	1 slice
✓ Broccoli, cooked	2 cups
✓ Brownie, no icing, fatfree, 2" square	1
✓ Brussel sprouts	1 ½ cups
✓ Butter	2 small squares
✓ Cabbage, cooked	2 cups
✓ Cake, Angelfood	1 piece

✓ Candy Bars (fun sized bars)	
• Butterfinger	2 bars
• Milky Way	1 bar
• Snickers	1 bar
✓ Cantaloupe, small	1 ½ cup
✓ Carrots (raw)	3 medium, 1 large
✓ Cauliflower, cooked	2 cups
✓ Celery (raw)	16 stalks
✓ Cheese, American, regular	1 oz.
• Blue	1 oz.
• Cream, regular	2 tbsp.
• Feta	1 oz.
✓ Cherries, fresh	1 cup
✓ Chicken/turkey	2 oz.
✓ Chocolate chip cookie, medium	2 cookies
✓ Clams, raw	3 oz.
✓ Cookies, plain/oatmeal raisin	1 cookie
✓ Corn (raw)	1 ear
• Canned (creamed)	½ cup
• Kernel	½ cup
• Flakes	1 cup
✓ Crab, steamed	3 oz.
✓ Crackers, cheese, or oyster	20
• Saltines	6
✓ Cranberry sauce, sweetened	1 slice
✓ Cream, heavy	1 tbsp.
• Sour	3 tbsp.
✓ Cucumbers (raw)	2 large
✓ Dates	4
✓ Doughnut (cake type)	½
✓ Egg, raw or boiled	1
• Whites only	5
• Yolks only	1

✓ Fish - flounder, cod, blue	
• Baked or broiled	2 oz.
• Sticks breaded, fried	1 stick
✓ Grapefruit	1 ½
• Juice, canned, unsweetened	1 cup
✓ Grapes	20 grapes
✓ Griddle cakes, plain, 4" across	2
✓ Ham, fresh, lean	1 ½ oz.
✓ Ice cream, light (50% reduced fat)	½ cup
✓ Jam, jellies	6 tbsp.
✓ Lamb chop, lean	1 ½ oz.
✓ Lentils, dried	⅓ cup
✓ Lettuce (raw, small)	3 heads
✓ Liver, chopped, plain	1 oz.
✓ Lobster, fresh	3 oz.
✓ Luncheon meat, ham (low fat)	1 ½ oz.
✓ Macaroni, cooked	½ cup
✓ Mayonnaise, regular	2 tsp.
✓ Milk, skim	1 cup
• Whole	½ cup
• Reduced 2 %	½ cup
✓ Oatmeal, cooked	½ cup
✓ Oil, vegetable	2 tsp.
✓ Onions (raw)	2 medium
✓ Orange, fresh	1 large
• Juice	6 oz.
✓ Oysters (medium)	6
✓ Peaches, fresh	1 ½ medium
• Canned	½ cup
✓ Peanuts, roasted	16
• Butter	2 tbsp.

✓ Pear, fresh	1 medium
• Canned	½ cup
✓ Peas, fresh or canned	½ cup
• Dried, split	2 tbsp.
• Soup	½ cup
✓ Peppers, green	5
✓ Pickles, dill (small)	8 whole
✓ Pineapple (raw)	1 cup
• Canned	½ cup
✓ Plums, canned or fresh	2
✓ Pork chop, broiled	1 oz.
• Tenderloin, broiled	1 ½ oz.
✓ Potato, white	
• Boiled or baked	3 oz.
• Mashed	⅓ cup
• French fried, frozen	10 strips
• Salad	¼ cup
✓ Prunes	
• Dried or fresh	5
✓ Puffed wheat	2 cups
✓ Radishes (raw)	100
✓ Raisins	3 tbsp.
✓ Raspberries	1 ½ cups
✓ Rice, boiled, white or brown	⅓ cup
✓ Rice Krispies	¾ cup
✓ Salad dressing	
• French	1 tbsp.
• Blue cheese	1 tbsp.
✓ Salami, dry type	2 slices
✓ Salmon	
• Fresh or canned	1 ½ cup
• Smoked	3 oz.
✓ Sauerkraut	2 cups

- ✓ Sausage, pork, fresh, cooked 2 links
- ✓ Scallop, steamed 3 oz.
- ✓ Syrup, maple or corn 1½ tbsp.
- ✓ Soft drink, carbonated 6 oz.
- ✓ Soup, chicken broth 5 cups
 - Chicken noodle 1 cup
 - Vegetable 1 cup
- ✓ Spaghetti, cooked ½ cup
- ✓ Spinach, cooked 2 cups
- ✓ Squash,
 - Summer, boiled 3 cups
 - Winter, baked 1 cup
- ✓ Strawberries, fresh, no sugar 20 large
- ✓ Sugar, granular 6 tsp.
- ✓ Sweet potato ½ cup
- ✓ Tangerines 2 medium
- ✓ Tomatoes, fresh (medium) 6
 - Juice 2 cups
 - Sauce 1 cup
- ✓ Tuna fish canned (water pack) 2½ oz.
- ✓ Veal, lean chop 1½ oz.
 - Cutlet 1 oz.
- ✓ Waffles, frozen, plain 1
- ✓ Walnuts 7 halves
- ✓ Watercress, chopped 25 cups
- ✓ Watermelon 1 small slice
- ✓ Yogurt, plain (low fat) ¾ cup

This food list is a guideline.
Consult your physician for treatment advice.



HEALTHY LIFESTYLE

Facts

- ✓ Nutrition, exercise, and a change in eating habits are important to weight loss—but they can't improve without the *right attitude* and *behavior*.
- ✓ *You* control your thinking. Your weight and eating habits *don't*. Think positively:
 - I'm *not* too heavy to exercise
 - I *can* control my eating
 - I'm *not* "doomed" to be overweight
 - I *can* lose weight

Five Steps to a Healthy Lifestyle

1. **Exercise:** burns calories, increases muscle tone, provides alternative behavior to eating, improves self-esteem and sense of accomplishment.
2. **Nutrition:** understanding food groups, portion control, calorie counting, fat content and sensible diet; facilitates weight loss and control, and improves overall health.
3. **Behavior Modification:** help identify and change problem habits, attitudes, and lifestyle patterns.
4. **Self-Monitoring:** recording food intake, weight, measurements, exercise; helps promote weight loss and control, and positive behavioral changes.
5. **Support Network:** support from family, friends, health care professionals; involves others in your program and encourages successful weight loss and maintenance.

NAME

HAS ACHIEVED HIS/HER
WEIGHT LOSS GOAL

WEIGHT LOSS

DATE

PHYSICIAN'S SIGNATURE

