

DIET  FREE™

*Habit
Tracker*

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AMERICA'S NUTRITION LEADER

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Welcome
to your *DIET FREE™ Habit Tracker*—
providing you the focus you need right when
you need it... before you eat! Soon you will
turn *knowing* into *doing*, and have all eight
DIET FREE habits operating automatically
like an invisible force inside you!

WHY a Habit Tracker?

Studies show that adopting a new habit requires 21 consecutive days of performing that new action. Using your **Habit Tracker** will help you plan, act and track how you fit the eight DIET FREE habits into your life each day. Most importantly, this tool provides accountability and daily support to help you recognize and overcome the obstacles that have been derailing your attempt to become healthier.

Using your **Habit Tracker** requires only a few minutes of your time each day, and the rewards will—without a doubt—change your life!

Inspiring Change

There's no doubt that the motivation to change habits, waxes and wanes for all of us. To help you get inspired and *keep* you inspired, take a moment to list on the last page (placed there to catch your eye daily), the reasons you want to live DIET FREE. List every possible benefit that you can think of—the more the better! And glance at this list often.

How long should I use this?

Ultimately, you are the one who decides how long you need to systematically track your habits before they become “invisible and automatic.” What is important is that you remain patient with yourself and give each habit all the attention it needs until the eight habits are working together, naturally. For some people, 30 or 60 days is all the time needed. For others, six months or longer will be appropriate. Many of you will find it particularly beneficial to use your **Habit Tracker** after vacations and holidays, but turn to it any time your DIET FREE muscles are weakened and you need to strengthen your focus.



Every once in awhile you can indulge responsibly

When the urge or circumstance dictates, it's okay to indulge responsibly. This means that 90 percent of the time you're living the habits and occasionally treat yourself in moderation without bingeing. That's what makes this truly DIET FREE.

Remember, this ISN'T a diet— this is living!

Feel free to customize or use only the parts of the *Habit Tracker* that work best for you. Let each habit build on the next. Let the process be gradual, thoughtful. Let the habits become a *part* of your life, without intruding *into* your life.

“... staying within your comfort zone is key, because if any part of any of the habits becomes irritating, then it becomes useless. Just like a diet.”
— The DIET FREE novel, *Water with Lemon*

Planning your day from the beginning

Spend a few minutes planning the day's exercise activities.

Consider where you will be for your meals and snacks, and plan how you will satisfy your fruit, veggies, whole grains and water goals.

Scan “Today's Habit Check” to remind you of simple actions within each habit that are vital for success. This is a great time to drink your morning glass of water and mark your first water check!

Before each meal & snack...

Note your level of hunger. From 1-10, how hungry are you? (See Hunger/Satiety Scale descriptions in Appendix A.) **Record your level of hunger in the “Hunger Scale” column.** If you aren't feeling at least a 3 or 4, wait to eat until you are there. EXCEPTION: If you will not have an opportunity to eat for 3-4 hours and you are only feeling a 5, you should eat a little something now to avoid “starved, grab-and-stuff eating” later.

Note your level of emotion. Record the letter that best describes how you are feeling before you reach for food. The choices are in the Emotion Charting (Appendix B). Try finding comfort from the list of suggested alternative activities.

Log what you are about to eat. There's no need to write specifics like exact portions, calories, etc., as we're flexing other internal muscles for managing quantity and calories.



Check the “Fruit” and “Veg” (or both) boxes as they apply for each meal and snack. See how easy it is to eat a fruit or vegetable at every meal and snack from the chart in Appendix C.

Enjoy eating, attentively

Sit (yes, that means not standing!) and enjoy your meal or snack. Eat *slowly* without *doing* anything else, with the exception of conversation.



Be thankful. Perhaps think about the farm that grew this food or person who prepared it.

Chew thoroughly. Enjoy your food's flavors and textures.

Take time to enjoy conversations while you eat. Do not think you are in a race or need to “get this over with.”

Set your fork down several times. Take a drink of water. Breathe.

After each meal & snack...

As your meal progresses, ask yourself, “Am I no longer hungry?” (that’s a 6 on the Hunger/Satiety Scale). **THIS** is the time to stop eating, even if there is still food on your plate!

Record your final (post-eating) hunger level in the “Satiety Scale” column.

Move away from the table, push away your plate, cover it with a napkin, discard food appropriately or wrap it up for leftovers. Brush your teeth or chew some gum—all ways to signify that you are **DONE** eating and have moved on to other activities.

Tracking throughout the day

- Mark the boxes for each 8-ounce serving of water
- Mark the boxes for each serving of dairy
- Mark the boxes for each serving of whole grains
- Mark the boxes for your two sweet treats
- Record the time you eat each meal and snack

Tracking your challenges and successes

Review **Today's Habit Check** and rate your progress.

Record **Today's Exercise** and note how you did.

Review your **Hunger/Satiety Scales**. Did you eat only at a 3 or 4 and stop eating at a 6? If not, think about why not?



Review your **Emotion Scale**. Were you reaching for food when a non-food activity was more appropriate? If so, are you ready to adopt alternative comforts?

Congratulate
yourself on today's successes and begin
thinking about tomorrow's plan.
Remember...

"Every step in the right direction is a success in itself,
and any progress is exceptional progress."
— The DIET FREE novel, *Water with Lemon*

Day/Date _____

Water:

Whole Grains:

Dairy:

Small Sweet Treats:

Hunger Scale
Emotion Scale

BEFORE EATING, LISTEN TO YOUR BODY

Satiety Scale

		Breakfast ___ : ___	<input type="checkbox"/> Fruit	<input type="checkbox"/> Veg	
		Snack ___ : ___	<input type="checkbox"/> Fruit	<input type="checkbox"/> Veg	
		Lunch ___ : ___	<input type="checkbox"/> Fruit	<input type="checkbox"/> Veg	
		Snack ___ : ___	<input type="checkbox"/> Fruit	<input type="checkbox"/> Veg	
		Dinner ___ : ___	<input type="checkbox"/> Fruit	<input type="checkbox"/> Veg	
		Snack ___ : ___	<input type="checkbox"/> Fruit	<input type="checkbox"/> Veg	

Today's Habit Check



- I am drinking water first thing in the a.m. _____
- I am keeping my liquid, non-milk calories to 200 _____
- I am controlling my before-bedtime snacking _____
- I am choosing wholesome/natural over processed _____
- I am eating beans four times a week _____
- I am managing my emotional eating _____
- I am eating fish at least twice a week _____
- I am enjoying being a "no-fried-foods" person _____
- I am indulging responsibly every once in awhile _____
- I am adopting the habits at a pace that works for me _____

Today's Exercise

- Aerobic/Cardio
- Flexibility
- Strength

What I Did/Comments: _____ **Minutes**

Total minutes of formal exercise today: _____

I am moving more in my everyday activities by:
