

SELF MONITORING

Did you know self-monitoring is associated with weight loss?

HOW DO I SELF-MONITOR?

Pick a health behavior to focus on and record your daily actions. Some common examples include:

- Keeping a detailed food journal
- Weighing yourself weekly
- Recording your exercise

WHAT IS SELF-MONITORING?

The term used for tracking your health behaviors.

GETTING STARTED:

- Pick the health behavior to be tracked.
- Determine a system for recording it.
- Regularly record your behavior.
- Review your journal regularly.
- Analyze your behavior & make changes if needed.

IMPORTANT COMPONENTS TO CONSIDER:

- Truthfulness:

Honesty is the best policy with self-monitoring. An honest record will help you accurately assess your behavior and make a game plan to achieve your goals.

- Consistency:

Regularly keeping track of your behavior is important. The only way to detect themes, patterns, or see your progress is if you are consistent. If you miss a few days, restart tomorrow!

- Timeliness

Recording your behavior when you perform it will help you keep accurate records.