



# **VIBE TRIM AND TONE PROGRAM**

## **MODULE 2**

### **FOOD AND ACTIVITY JOURNAL REVIEW**

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## MODULE 2 FOOD AND ACTIVITY JOURNAL REVIEW

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You are reading this because you've completed your Food and Activity Journal for a week. If not, make sure you complete it for a full week, and then come back to this article. That's how important we believe this skill to be. For those that have completed, let's move forward. The journal is something that you need to make a daily habit of. You'll need to review it at the end of each day. This will help you stay the course in your program. The following are some of the key points you need to ask yourself at the end of each day. We've also put this in a checklist so you can use it as a reference.

- Do you eat regularly? As you'll see in future modules, we recommend that you eat every 4 hours, 6 hours if you have a snack in between. How did you do?
- Were you hungry at any time of the day? This ties into the previous point. We tend to skip meals and then realize how much this affects our eating patterns. If you were hungry, was it because you didn't eat in time? Or was it that you didn't eat enough in your previous meal? Those on so called 'diets' tend to do this a lot. You will have a big dinner and then try to make up for it by having a small breakfast and lunch the next day. However, the body begins to get hungry and you give in with a bigger meal again.
- What is your motivation for eating? Do you eat because you are hungry or do you eat emotionally? This is one of the hardest things to admit to oneself. How many times during the week did you eat because you were stressed or depressed?

- You need to be aware of the times that you let your emotions take over. If you don't address this, then it's going to happen over and over again.
  
- What is the portion size of your meals? Are they all very similar in portion size or do you have one or more meals that are bigger than others? The goal is to make sure all your meals are generally similar in size, because you are going to begin understanding how much you need to eat to stay full until the next meal. The secret to any weight loss program is to avoid hunger. If you can do this, you are more than halfway to success. Hunger leads to so many bad things, such as emotional eating, junk food binging and overeating at the next meal.
  
- How much time during the day do you spend sitting? Do you sit for long periods of time? For example, are there times in the day that you sit longer than 4 hours? As you'll learn in this module, sitting is one of the biggest contributors of weight gain and disease. In fact, it's called 'Sitting Disease'. Monitor the amount of sitting you do and try to find ways to interrupt this cycle of inactivity.
  
- How much time do you spend exercising or moving about? Remember that your Activity Journal should not include any new exercises other than your vibration training sessions. By seeing how much you sit and how much you move, you'll get a clearer picture of what category of activity you are in. There's no guessing. You have to see it for what it is, and then commit to addressing any issues you are having.

As you can see, keeping a Food and Activity Journal is not easy. There is effort required to sit down at the end of the day and look through your Journal. Hard questions need to be asked. Answers need to be provided. When I sit down with

my patients and go through the Food and Activity Journal, a change in attitude begins to occur. Initially, they are frustrated at the process. However, over time, there is greater motivation in their program. They increase their confidence and positive mindset as they take responsibility of their own actions. They begin to realize that the only thing holding them back is themselves. Track your progress and stay vigilant with your Food and Activity Journal. The rewards far outweigh the pain and discomfort.

**FOOD AND ACTIVITY JOURNAL CHECKLIST**

**DO I EAT REGULARLY? DO I EAT EVERY 4 HOURS, OR 6 HOURS WITH A SNACK IN BETWEEN?**

**WAS I HUNGRY AT ANY TIME OF THE DAY? IF SO, WHY?**

**DID I EAT BECAUSE I WAS HUNGRY? OR DID I EAT BECAUSE I WAS STRESSED OR DEPRESSED?**

**IF I ATE BECAUSE I WAS STRESSED OR DEPRESSED, WHAT CAN I DO TO AVOID THIS SITUATION NEXT TIME?**

**WERE MY PORTION SIZES NORMAL? IF NOT, WHY DID I CHOOSE TO EAT SO LITTLE OR SO MUCH? WHAT WILL I DO TO CHANGE THIS?**

**DO I SIT LONGER THAN 4 HOURS AT A TIME? IF SO, WHAT CAN I DO TO AVOID THIS NEXT TIME?**

**DID I SPEND TIME WALKING ABOUT? DID I TRY TO SUBSTITUTE AN INACTIVITY WITH SOMETHING THAT REQUIRES MORE ENERGY? IF NOT, WHAT WILL I DO NEXT TIME TO ACHIEVE THIS?**