

# ten top tips

Logbook



Ten Top Tips is about forming healthy habits to help you lose weight and keep the weight off for good. This logbook makes it easier to keep on track and turn healthy tips into habits.

## What is a habit?

A habit is something you do automatically without having to think about it, like tying your shoelaces or brushing your teeth.

Habits are formed when you do something over and over again in the same place or at the same time.

## How do you make new healthy habits?

The ten top tips leaflet describes simple tips to help you eat more healthily and be more active.

If you follow the tips every day, and do them in the same place and at the same time, they will become automatic and easier to stick to. You might even find it hard not to do them.

Keeping track of your progress in this logbook will help you get started.

## What do you need to do next?

1. Read the ten top tips leaflet.
2. Fill in the monitoring sheets in this booklet each week.
3. See the website **[www.weightconcern.org.uk](http://www.weightconcern.org.uk)** for more information and advice about the ten top tips.



## Example notes and planning sheet

This is an example of a notes and planning sheet that someone has filled in during the same week. Planning how you are going to do the tips can help you to make the changes.

<b>ten top tips</b>	<b>notes</b>
1 Keep to your meal routine	Eating at 7am, 1pm and 6pm on most days. Difficult when I have a lunchtime meeting.
2 Go reduced fat	Doing well! Always using skimmed milk, reduced fat spread, skinny latte.
3 Walk off the weight (number of steps)	Taking the stairs instead of the lift at work. Walking to the station on way to work and back increased my steps.
4 Pack a healthy snack	Snacks of fruit and vegetables at work. Less tempted to buy chocolate bars.
5 Learn the labels	Find food labels a bit confusing.
6 Caution with your portions	Using smaller plates and having lots of vegetables. Didn't do it when I went out for dinner.
7 Up on your feet	Standing on the bus rather than sitting.
8 Think about your drinks	Doing well except when I go out with friends.
9 Focus on your food	Remembering to sit at the table in the evenings.
10 Don't forget your five a day	Difficult fitting in all 5 a day. Eating fruit at breakfast might help with this.
<b>What do you plan to do next week?</b>	<ul style="list-style-type: none"><li>• Buy more fruit when I go shopping and eat fruit at breakfast every day.</li><li>• Read the extra information on the website about food labels to help me make better choices.</li><li>• Choose a lower calorie drink at the pub, maybe half a pint or a dry white wine spritzer. Cut down on the number of drinks too.</li></ul>



## notes and planning sheet

In the notes column you can write details of how you are achieving the tips and anything that particularly helps you use them. This information will help you to plan for next week.

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# ten top tips tick sheet

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