

Quick Track.

Quick Track is an alternative self-monitoring tool for Lifestyle Balance participants. It has been designed for:

- Participants who find standard self-monitoring, using the Keeping Track books and Fat Counter, too difficult (for example, because of very limited reading or math skills) or
- Participants who have been successful using standard self-monitoring and now want a streamlined method for maintenance.

The first page of Quick Track lists certain “targetted” foods that are high in fat and common in the American diet. The second page lists lower-fat foods that may be eaten instead of those high-fat foods.

Give participants only the first page or both pages (you may want to print them back to back). Instruct participants to complete one column for each day by placing a check or hatch mark in the appropriate row **every time they eat any of the foods listed in that row in any amount**, including in mixed dishes.

Feel free to modify the targetted foods on either the front or back of the form. For example, you may want to add a specific food to one of the rows that contains similar foods (or to the row labelled “Other”) if that food is a significant source of fat and/or calories for the participant at this time. Or you may want to cross out certain rows to focus or simplify self-monitoring for a period of time.

Quick Track is a record of the *number of times* certain foods are eaten. Amounts are not recorded. Care must be taken, therefore, to educate participants about the importance of appropriate serving sizes and overall caloric intake. For some participants, you may want to write in what a “serving” should be for some of the foods and instruct them to check the row every time they eat one serving and to check the row twice or even three times for larger servings. For others, Quick Track may not be suitable because of their need to self-monitor portion sizes closely.