

# Personal Fat Counter.

---

The Personal Fat Counter is both an abbreviated Fat Counter and a simplified self-monitoring record on one page. It has been designed for Lifestyle Balance participants:

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

To use the Personal Fat Counter:

1. Personalize the form (either in handwriting or on the computer).
  - List for each meal the food items the participant eats most often, the typical amount the participant eats of each item, and the fat grams/calories in that serving size.
  - List the kinds of physical activities the participant plans to do during the week and the number of minutes planned per day.
  - Leave enough blank lines for the participant to add other foods and activities during the week.
2. Make one xerox copy of the personalized form for each day of the week. Keep the original on hand as a master copy.
3. The participant then records, on the xerox copies, the physical activities done and the foods and beverages consumed each day. If the foods and serving sizes eaten are the same as those on the form, there is no need to calculate or write down the fat grams; a check in the "Actual Serving" column will suffice. If the serving size eaten differs from that listed, the participant simply writes in the actual serving size and is able to calculate the fat grams without having to look for the food in the Fat Counter book. Any additional foods eaten are added to the form and the participant looks up the fat grams in the standard way, using the Fat Counter book (or the Lifestyle Coach could do this with the participant at the next session); if these foods are chosen often, they can be added to the master copy and the participant will not need to look them up in the future. Room is provided for sub-totaling fat grams/calories by meal and for comments.

The master copy of the Personal Fat Counter should be updated regularly. The revision process can be used to:

- **Plan ahead.** For example, a participant may decide to try fat-free sour cream instead of butter on potatoes and other vegetables during the coming week. She could write this food choice in handwriting on the personalized form for the days she plans to use it. Its presence on the form would remind her of her plan.
- **Reinforce new eating habits as they develop and are maintained.** For example, if the participant enjoys the fat-free sour cream and plans to eat it regularly, it could be added to the master copy of the personalized form in the place of butter.
- **Develop meal plans and shopping lists.** The participant can mix and match food choices on the personalized form to quickly create meal plans and shopping lists.