



LightenUp!

90 DAY DIET JOURNAL

For any weight loss program!

If you bite it, write it!

*track your food, exercise, goals, thoughts
and, of course, your weight*

daily motivational quotes
height/weight/bmi chart • body measurement chart
suggested snack list • portion size chart

FROM WEIGHT LOSS SUCCESS STORY KIM BENSEN

*I designed this journal page for myself
and have since shared it with thousands of others.*

*Statistics prove that planning each day's food intake
increases the chance of weight loss success.
This journal can be used for any weight loss program.*

*There are areas to track your food plan,
exercise, goals and thoughts as well as my
6-5-4-3-2-1 COUNTDOWN to SUCCESS
based on the USDA's minimum suggested daily
recommendations for healthy living.*

*It is specific enough to be a thorough journaling guide,
yet generic enough to tailor to your fit own dietary
needs. Use it the way that suits you best.*

But USE it! Planning does make a difference!

Come on ... it's YOUR turn now!

Kim



Kim Bensen lost more than 200 pounds using the Weight Watchers® POINTS® program after a lifetime of yo-yo dieting. Read her amazing story in *Finally Thin!* Random House/Broadway Books 2008 or on line at www.kimbensen.com.

COUNTDOWN TO SUCCESS

1	<input type="checkbox"/>	FAT
2	<input type="checkbox"/> <input type="checkbox"/>	FRUIT
3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	DAIRY
4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	VEGGIES
5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	PROTEIN
6	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	CARBS
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	WATERS

MINIMUM DAILY REQUIREMENTS

Weight loss is a function of calorie input and calorie expenditure in the body, but *healthy* weight loss takes into consideration all the food groups. The 6-5-4-3-2-1 Countdown guide is a simple way of remembering the minimum daily requirements from each food group.

- 1 FAT (teaspoon *low saturated fat preferred*)
- 2 FRUIT (servings)
- 3 DAIRY (servings, *low fat preferred*)
- 4 VEGETABLE (servings)
- 5 PROTEIN (ounces, *lean preferred*)
- & 6 CARBOHYDRATE (servings, *whole grain preferred*)
- 6 WATER (8 ounce glasses)

Nutritional requirements vary from person to person. Before starting any new diet make sure you consult with your doctor and/or nutritionist to get the plan that's perfect for you.

SERVING SIZES

There is no single chart that shows how much of a particular food a serving constitutes at www.mypyramid.gov, but if you look under each heading, all the detailed information is given. To make it easy, here's a basic breakdown of their recommended guidelines:

Breads, Cereals, Rice, and Pasta

One serving equals 1 slice of bread; 1/2 cup of cooked rice, pasta, or cereal; or 1 ounce of cold cereal.

Vegetables

Vegetables servings are measured in cups rather than ounces. One serving equals 1/2 cup of raw or cooked vegetables or vegetable juice or 1 cup of leafy raw vegetables.

Fruits

Like vegetables, fruits are measured in cups. One serving equals 1 cup of fruit or 100 percent fruit juice, or 1/2 cup of dried fruit. Because fruits come in so many different shapes and sizes, it's hard to say how many pieces of fruit count as a serving. Generally, 1 whole fruit = 1 tennis ball

Milk, Yogurt, and Cheese

One serving equals 1 cup of milk or yogurt, 1.5 to 2 ounces of cheese, and even 1.5 cups of ice cream. Choose low-fat options from this group whenever possible.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

Like the Bread, Cereals, Rice, and Pasta group, serving sizes are also measured in ounce equivalents. One serving or ounce equivalent equals 1 ounce of cooked lean meat, poultry, or fish; 1/4 cup beans, cooked; 1 egg; 1 tablespoon of peanut butter; or 1/2 ounce of nuts or seeds.

Oils

MyPyramid.gov measures serving sizes in teaspoons. One serving equals 1 teaspoon. Because these oils are found in many of the foods we eat, there may not be a need to add this group to your diet. For example, half of a medium avocado or 2 tablespoons of peanut butter provide 3 and 4 teaspoons or servings of oil respectively, while also counting towards your vegetable or nuts allowance.

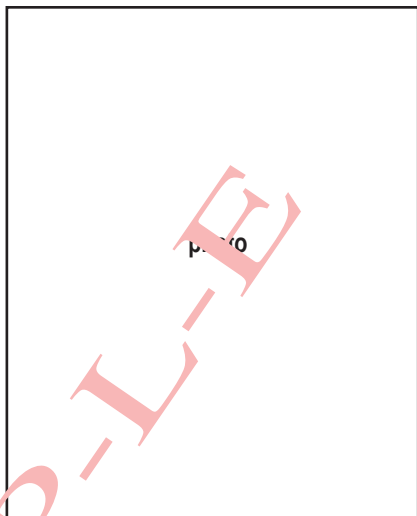
PERSONAL PROFILE

DATE

WEIGHT

POUNDS + / -

INCHES + / -



Chest

Arm

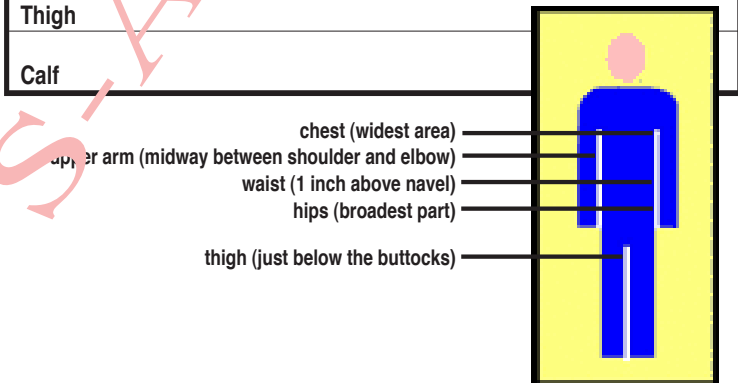
Waist

Abdomen

Hips

Thigh

Calf



Day: _____ Weight: _____ + / -

Breakfast

Lunch

Dinner

Snacks

Target Intake: _____ Total Intake: _____

*THE ONLY WAY YOU'LL
NEVER LOSE WEIGHT,
IS IF YOU STOP TRYING.*

THOUGHTS:

GOALS for tomorrow:

ACTIVITY	DURATION	INTENSITY

- 1 FAT
2 FRUIT
3 DAIRY
4 VEGGIES
5 PROTEIN
6 CARBS
 WATERS
- MINIMUM DAILY REQUIREMENTS

Day: _____ Weight: _____ +/-

Breakfast

Lunch

Dinner

Snacks

*IF YOU FAIL TO PLAN
YOU PLAN TO FAIL.*

THOUGHTS:

GOALS for tomorrow:

Target Intake: _____ Total Intake: _____

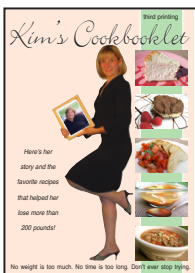
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 - 2 FRUIT
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 - 4 VEGGIES
 - 5 PROTEIN
 - 6 CARBS
 - WATERS
- MINIMUM DAILY REQUIREMENTS

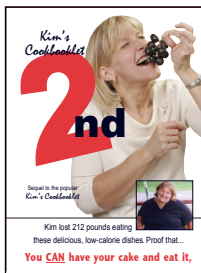


In Finally Thin!, Kim Bensen recounts her own heart warming 212 lb weight loss success story and then breaks down her success into a ten-step system, showing readers exactly how she accomplished her weight-loss goal. From choosing the right diet for your needs to finding support, eating out, recovering from a slipup, the keys to maintenance, and even 75 recipes, this book covers it all in an upbeat and inspirational tone.

RANDOM HOUSE/BROADWAY BOOKS
 IN BOOKSTORES: 12-30-08 or ORDER ONLINE AT WWW.KIMBENSEN.COM



Kim's Cookbooklet
 Shares briefly Kim's story and 50 of her favorite recipes.
 5"x7" with color photos



Kim's Cookbooklet, 2nd Helping has more quick and easy light recipes everyone loves!
 5"x7" with color photos



LightenUp

with Kim Bensen

www.kimbensen.com

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