

Using your lifestyle diary

You don't need to write down pages and pages of information about each meal that you have or the route that you walked through the park. A brief note is quite adequate.

DIET

Your doctor will have given you advice about possible healthy food choices. In addition, guides and hints are included in other helpful downloads provided on the website.

How to fill in your diary

For example: you had pasta with tomato and basil sauce for lunch, with a green salad.

Monday

Breakfast _____
Lunch Pasta (tom sauce) + salad
Dinner _____
Snacks _____

EXERCISE

How to fill in your diary

Tick the 'Yes' box if you incorporated more activity into your week. This could be walking a little bit further, going for a swim or taking the stairs instead of the lift.

For example: during the week you walked the dog around the park on three evenings and went for a swim on Saturday for 30 minutes.

Exercise

No Yes

Evening walk x3, swim 30 min

SMOKING

How to fill in your diary

If you are a smoker and smoked during the week (be honest!), tick the 'Yes' box. Record how many cigarettes you smoked during the week in the space provided.

Smoking

No

Yes

How many cigarettes 40

For more healthy living tips, visit www.cholesteroltest.com.au

Lifestyle changes - Week 1

Monday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Tuesday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Wednesday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Thursday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Friday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Saturday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Sunday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Comments

Exercise

No Yes

Smoking

No

Yes

How many cigarettes _____

Lifestyle changes - Week 2

Monday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Tuesday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Wednesday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Thursday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Friday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Saturday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Sunday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Comments

Exercise

No Yes

Smoking

No

Yes

How many cigarettes _____

Lifestyle changes - Week 3

Monday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Tuesday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Wednesday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Thursday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Friday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Saturday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Sunday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Comments

Exercise

No Yes

Smoking

No

Yes

How many cigarettes _____

Lifestyle changes - Week 4

Monday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Tuesday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Wednesday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Thursday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Friday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Saturday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Sunday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Comments

Exercise

No Yes

Smoking

No

Yes

How many cigarettes _____

Lifestyle changes - Week 5

Monday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Tuesday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Wednesday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Thursday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Friday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Saturday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Sunday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Comments

Exercise

No Yes

Smoking

No

Yes

How many cigarettes _____

Monday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Tuesday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Wednesday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Thursday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Friday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Saturday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Sunday

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Comments

Exercise

No Yes

Smoking

No

Yes

How many cigarettes _____