

**Low Carb Programme**

# **Reflection and Progress JOURNAL**



We hope that you will enjoy taking part in our Low Carb Programme.

An important part of the programme is to plan, reflect and keep track of progress, and this journal is intended to help guide you through this process.

## How to take part in the programme

- **If you are on medication for a long-term condition**, particularly type two diabetes or high blood pressure, please check with your health care professional before making any major dietary changes.
- **Watch the Low Carb Programme videos** put together and presented by the programme's lead GPs, Dr David Oliver and Dr Kim Andrews.
- **Think about your goals and what you want to achieve** from the programme and write them down. Consider the things, and the people, that can help you.
- **Start reducing your carbs!** Think about the steps that you will take to achieve your goals. Make an action plan. Review. Whether you take the plunge and clear out all the cupboards to start tomorrow, or prefer smaller steps is up to you. You are aiming for under 130g of carbs a day, but you don't need to count carbs if you don't want to, just cut back on foods high in sugar and starchy carbs.
- **Start monitoring your progress.** We suggest weighing yourself and/or measuring your waist circumference weekly.
- **Plan what you are going to eat.** Consider buying or borrowing a low carb recipe book, use the Freshwell Low Carb Meal Planner, or look online for inspiration.
- **Keep a food diary** if you find this useful, and use this to reflect on what you are eating and the progress that you are making. You can use our food diary template or just use a notebook, or even a spreadsheet, whatever works for you.
- **For extra support and encouragement consider on of the following:**
  - Visit the Freshwell Low Carb Website
  - Engage with a PCN Health Coach to help guide you through the programme

**Ask our PCN Health and Wellbeing Coach for more details  
and for help to guide you through these steps.**

# Your goals

Before engaging in any lifestyle programme, it is helpful to reflect on what it is that is important to you and what your own goals or aspirations are.

Please take your time to think about this. Making an appointment to speak to a PCN health and wellbeing coach may be helpful to help you work through this.

**What is important to me? What I would like to achieve from taking part in this programme?**

**How confident are you that you can make the lifestyle changes outlined in the programme?**

1	2	3	4	5	6	7	8	9	10
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No Confidence

Very Confident

**Why not a lower number? What gives you confidence?**

**If you scored yourself lower than the number 7, what could you do to increase your confidence?**

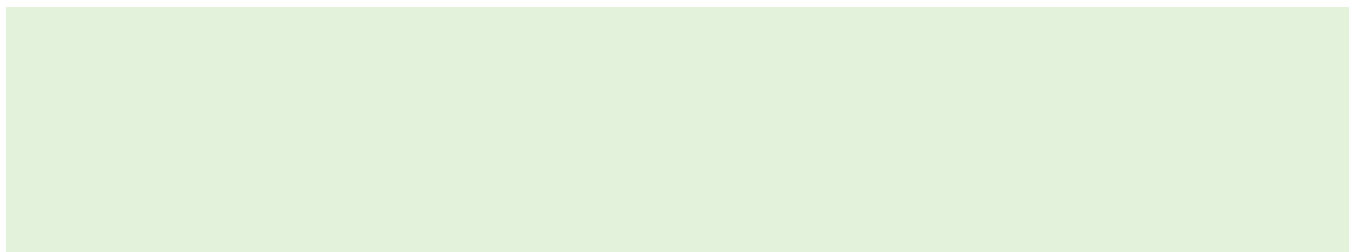
# Monitoring Progress

Name:

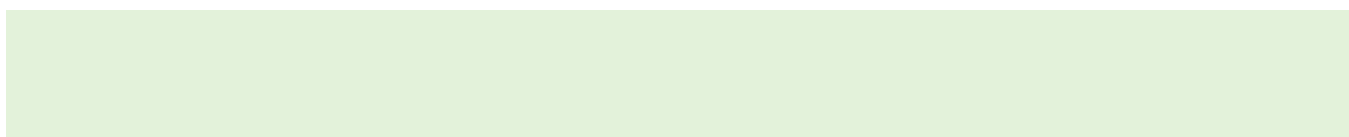
	Start	3 months	12 months	24 months
<b>Date</b>				
<b>Weight</b> (kg or st and lbs)				
<b>Waist circumference</b> (cm)				
<b>Blood pressure</b>				
<b>HBA1c</b>				
<b>ALT</b> (liver function)				
<b>Triglycerides</b>				
<b>HDL</b>				

# Steps that I will take to move me towards my goal

**What will you do?** Choose actions that are achievable

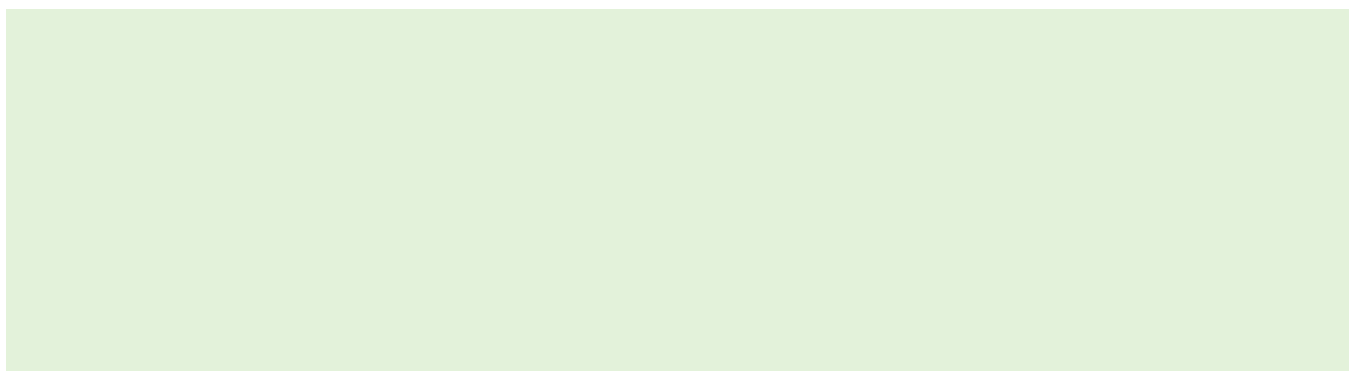


**When will you do it?**



**Action plan**

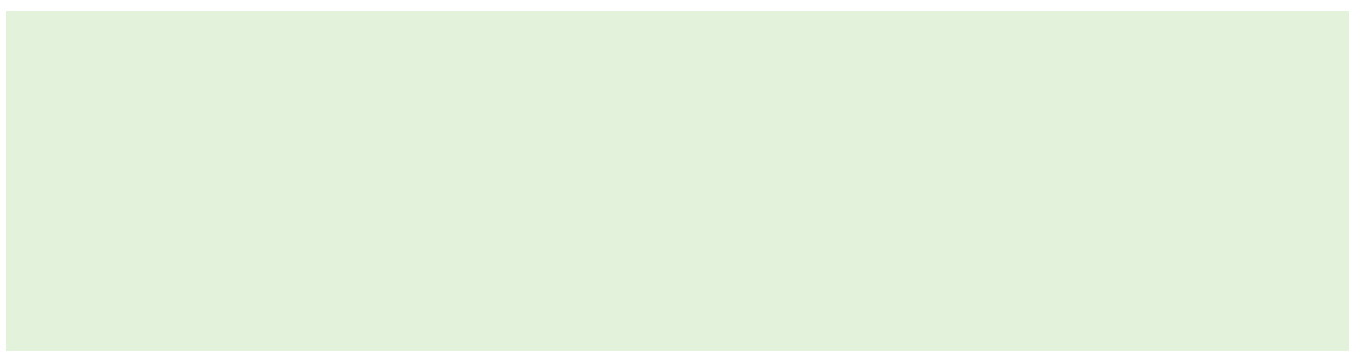
What will help you achieve it?



**Reflect**

What is going well and why

What challenges am I facing and what are my options?



# Meal Plan/Food Journal

## MONDAY

Breakfast

Lunch

Dinner

Snacks

## TUESDAY

Breakfast

Lunch

Dinner

Snacks

## WEDNESDAY

Breakfast

Lunch

Dinner

Snacks

## THURSDAY

Breakfast

Lunch

Dinner

Snacks

# Meal Plan/Food Journal

## FRIDAY

Breakfast

Lunch

Dinner

Snacks

## SATURDAY

Breakfast

Lunch

Dinner

Snacks

## SUNDAY

Breakfast

Lunch

Dinner

Snacks

