



HealthPartners Research Foundation P.O. Box 1524 Bloomington, MN 55440-1524

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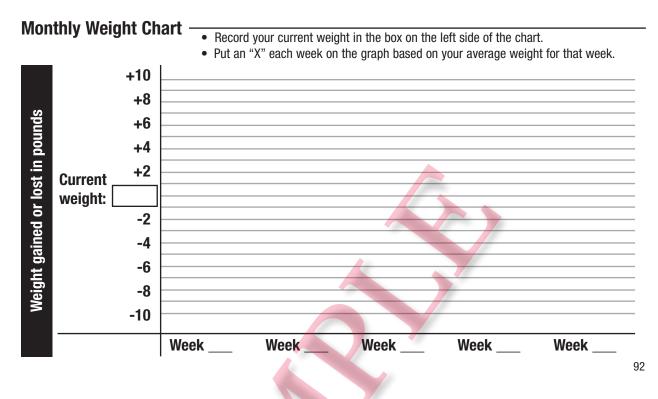


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Key Strategies for Successful Weight Loss Maintenance

- **1.** Be physically active; take part in 60 to 90 minutes of moderate-intensity physical activity (e.g. walking/ jogging, swimming)each day.
- **2.** Write down your weight, physical activity and eating on a regular basis, preferably daily.
- **3.** Eat a diet that's moderate in calories and allows you to maintain your weight.
- **4.** Eat breakfast every day.

Soccer (game)	High	10
Soccer (non-game)	Moderate	7
Spinning	Moderate	7
Stairmaster, Lifestep machine	High	10
Swimming (laps)	High	10
Swimming (leisurely), snorkeling	Light	5
Tae Kwon Do	High	10
Tai Chi, Chi Gong	Light	5
Tennis (doubles)	Moderate	7
Tennis (singles), Squash	High	10
Ultimate Frisbee	Moderate	7
Volleyball	Light	5
Walk/jog	Moderate	7
Water exercises/water skiing	Light	5
Weight lifting (circuit training, universal, free weights)	Light	5
Weight lifting (free weights, power, body building)	Moderate	7
Wrestling	High	10
Yoga	Light	5

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