



# How to Cope with Challenges | Tracking Food

Tracking everything you eat and drink isn't always easy. Life can get in the way. Here are some common challenges you might face, and ways to cope with them. **Write your own ideas in the column that says, "Other Ways to Cope." Check off each idea you try.**

Challenge	Ways to Cope	Other Ways to Cope
<b>I'm too busy.</b>	<input type="checkbox"/> Make time to track. It takes just a couple minutes after each meal. <input type="checkbox"/> Remember why you are tracking—to lower your risk of Type 2 diabetes!	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>I have trouble reading and writing.</b>	<input type="checkbox"/> Record your voice with a smart phone or other device. <input type="checkbox"/> Take a photo of your food. <input type="checkbox"/> Ask your coach, friends or family members to help write your food on your food log.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>I keep forgetting.</b>	<input type="checkbox"/> Make tracking part of your daily routine. <input type="checkbox"/> Put a reminder on your phone or computer. Set a timer. <input type="checkbox"/> Leave yourself notes where you'll see them. <input type="checkbox"/> Ask friends and family to remind you.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>I don't like to track.</b>	<input type="checkbox"/> Share your results with others. <input type="checkbox"/> Give yourself a small (nonfood) reward for meeting your food goals. <input type="checkbox"/> Ask a friend or family member to track their food too. <input type="checkbox"/> Try smart phone and computer apps.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____