## **Assessment**

## **Self-monitoring techniques**

Self-monitoring tools, like food-logs, diaries, and mobile health technologies, has shown to improve weight-loss management. These and other related methods help children and parents monitor day-to-day activities and track weight-loss progress.

Sharing self-monitoring tools with families also can help children and parents better understand barriers and how to overcome them, and assist with goal setting. See the Food Log worksheet for more information.