

It's that time of year again. Panic slowly sets in as you realize swimsuit season is approaching. New Year's resolutions about losing weight have been forgotten and Valentine's chocolates have added to your waistline. How do you even begin a weight loss program? And the bigger question- how do you keep going when you have some less than stellar days?

For a lot of us, this is a common problem. I can't count how many times I've tried to start a weight-loss program and then seen it end only a few days later.

How do you keep the accountability?

It's very hard to do a weight-loss program and be successful all on your own. Having family and/or friends to support you can help increase your chances of losing weight.

However, a simple food journal can also help.

My husband and I did not have any idea how much we were really consuming until we began keeping track of everything we ate by writing it down in a food journal. Now I take the time to write down my foods and their calories as well as keeping track of how long I work out and how many calories and carbs burned.

The latest technology is also there to help you keep track. There are many calorie counting websites that can help you know how many calories are in many different foods and there are even calorie counter apps on iPhones.

The bottom line to losing weight is to create some sense of accountability. Whether it is a food and exercise journal, calorie counting, or a daily phone call or text message to your best friend, keeping a sense of commitment and responsibility can help you achieve your weight loss goals.