

Tracking Made Easy!!!

Success. Leaves. Clues.

This is why we ask you to track what you ate and how you feel in a food journal about 1 hour after every meal (or when you remember) during this program. Although we know to some degree what you're eating once you start the recipe plans we still ask you record what you ate all the way through the program along with how you felt after meals as we know some of you may add in some extra calories (from the 'Still Hungry' recipe/foods list').

Tracking is crucial for us to help you if you have any issues throughout the program. If you come to us with a problem/question but haven't submitted any food tracking, it's much more difficult for our team to help you pin-point what's really going on and find a solution.

So, do yourself and everyone a big favor and just track. Here's an easy way to do this:

- 1). Take a picture of your meal with your phone (photo diary)
- 2). For each day's entry, use an app such as the Notes app or Evernote app for easy access/reference. * Record the Week of Program, today's date and how you felt an hour after your meal (examples: Lunch: 'slight indigestion' or Dinner: 'still hungry' etc). Then, take a picture of it at the end of the day.
- 3). End of week, send in each days meal pictures along with the pictures of the notes you took each day on how you felt to the Help Desk.
- 4). Include whether or not you did your emotions journal at the bottom of the page.
- 5). That's all! Super easy!

* You could record your food journal in a notebook/journal by hand (the pen/paper method) and then take pictures of each day's entry if that is easier for you. If none of these methods are possible, then just type your journals into a message and send in to the Help Desk).