

Fast Start Daily Food Journal



Nutrition Journal

Date: ____/____/____ Week: _____ Day: _____

Meal/ Time	Food Consumed	Cal/ Meal	Grams/ Meal			XChng Group
			Pro	Carb	Fat	
1 : : a.m. p.m.						
2 : : a.m. p.m.						
3 : : a.m. p.m.						
4 : : a.m. p.m.						
5 : : a.m. p.m.						
6 : : a.m. p.m.						
Energy Level <input type="checkbox"/> High <input type="checkbox"/> Med <input type="checkbox"/> Low						

- Multi-Vitamin
 Lipotropic Plus
 ChromeMate
 Super L-Carnitine
 Metabolic Optimizer
 Anti-Oxidant
 Vitamin C
 Cal Mag Zinc
 Co Q10
 BCAA
 Super Creatine
 Glutamine
 Whey Protein
 Endurance Plus
 Glucosamine
 Salmon Oil
 Flax Seed Oil
 Vitamin E

Keeping a Food Journal

So how DO you eat most of the time? What eating habits do you have that are keeping you in your current body?

You are your habits. If you're overweight it's because of your eating habits. **By changing your habits** you will lose weight/fat quickly and permanently.

There's no better time to uncover your habits than right now. You can **take control and increase fat loss** with this amazing tool . . . your food journal.

This is the most powerful fat-loss dieting tool you can use.

"Food journal!!!!" Who has time for that when I barely have time to eat? Write it down? Give me a break!"

Statements like this are signs of being resistant to change. Don't you know that "Anything worth having is worth working for?" Of course it will take thought and effort. Of course it's normal to ask "Do I have to?"

The answer – yes! Do you have to do it every day for the rest of your life? – no.

But you must start somewhere and you must take action. Your results are completely reliant upon your actions. Plus, what I'm putting in front of you is one of the EASIEST first steps and I'll show you why.

So boot the excuses and be open to taking action that will get you fat loss results!

Successful, busy people know just how powerful this fat loss tool really is. Many clients and boot campers find that as they track what they eat each day they are surprised. It's been very easy to avoid identifying their unsupportive, even damaging, eating habits.

Who wants to admit that the majority of their meals consist of children's leftovers, several handfuls of snack food, candy and hitting the drive thru one too many times?

Good news is, clients and boot campers who track their eating habits come to KNOW this and can now CHANGE this – for these habits have now been brought to your attention. This simple awareness will allow you to think twice about your choices – to slightly adjust what you choose to eat. This will in turn create a positive change that will only help accelerate your fat loss efforts.

Yes, even if you are the busiest person in the world, you too can do this! Allow me to break it down for you.

How To Track What You're Eating

1st: Denial and vague ideas are of no use in the process of achieving results.

The quickest, easiest way to create awareness is to Write It Down!!

2nd: It does not matter how accurate you are.

You do not have to write down calories, fat grams, sugar, etc. to realize a few of your habits may be the cause of your nutrition obstacles. You can fine tune your nutrition plan after you have a feel for your current habits.

3rd: View journaling as a strategy, not a chore.

If you are on the lookout for the best shortcut – this is it! This is the easiest way to understand your habits, make smarter choices and increase fat loss.

4th: Journaling takes less than 5 minutes to complete.

Either write it down as you eat it – 30 seconds here, 30 seconds there – OR write it down at the end of the day. Choose which way works best for you. If you have 5 minutes to check your e-mail, or chat on the phone, then you have 5 minutes for this.

5th: Make it easy – use a journal that fits your lifestyle.

From fancy food logs to colorful notebooks, grab one on sale at the bookstore. I prefer the \$0.25 memo pads that are small enough to keep in my pocket if necessary. Be sure to keep your journal in a place where you will see it and use it.

Now – Do This! Try it out for at least 7 days and see what new insights you come up with.

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