

Habit Record everything

Track your success for 14 consecutive days.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

What to do now?

01.

DECIDE HOW OR WHERE YOU'RE GOING TO RECORD

There are many different ways to do this: you can use paper and pen; create a document on your computer, take pictures with your cell phone, use an easy-to-use app (such as DietSnaps, Evernote).

02.

RECORD EXACTLY WHAT AND WHEN. IMMEDIATELY.

Record exactly what you consumed and when you consumed it. Immediately. Research shows that we are very bad at recalling what we had to eat – we grossly underestimate.

Example of record:

Monday (8am)

- 2 eggs
- 1 handful spinach
- 1/2 bell pepper
- 1/2 apple
- 1 cup coffee

03.

BE SPECIFIC

Instead of writing “stir-fry,” be more specific:

- 1 sliced chicken breast
- 1 handful snap peas
- 1 whole red pepper
- 1/2 onion
- 2 splashes of stir-fry sauce (Kikkoman brand, low sodium)