

EATING FOR ENERGY GOAL

Week 1

FINISHlines™
faithful

KEEP A FOOD LOG

Keep a food log all 7 days this week. Use an app on your phone (My Fitness Pal, My Net Diary, or Lose It), a food tracker with a Garmin or FitBit, or a written journal. No one will see this, so it's just for you. You don't need to change your eating, but don't be surprised if your eating does change. Studies show that simply the act of recording what you eat changes the food you consume. Be an outside observer of yourself and your habits. Start today.