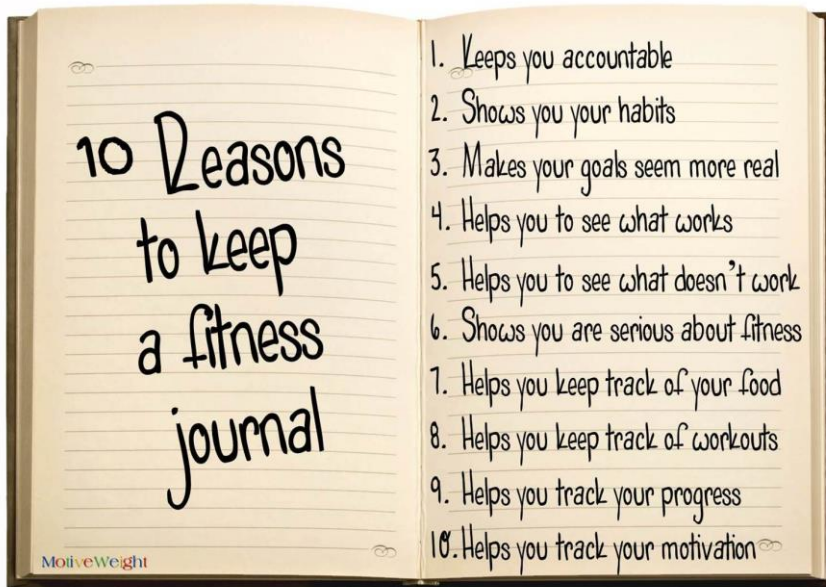


HEALTHY HINTS

Just for the HEALTH of it!™

WEEK ONE-Nutrition: FOOD JOURNAL



You might be surprised to find out how much you actually eat in a day when you keep track of it! Medical studies show that keeping a food journal **DOUBLES** your weight loss!

There are several ways to simply keep track!

1. Fitbit- www.fitbit.com app that connects you activity and you can log your food intake.
2. My Fitness Pal- www.myfitnesspal.com App that you can log your food intake and it has an easy scanning option to scan the barcode and includes calorie, nutritional content fast!
3. Print out- <http://www.webmd.com/diet/printable/food-fitness-journal> Easy paper format for you to journal.
4. Notebook or Calendar-just jot down what you eat on paper. No technology needed! It won't show you details, but you can see at a glance what you ate!