**Food Diary**

Let's start with a few questions...

Are you always honest with yourself about what you put in your mouth?

Are you one trillion percent sure your nutrition is spot on?

Would you like to know if there are any changes you could make that could dramatically speed up your results?

Did you know that what you put in your mouth accounts for around 70%, if not more, of the results you will achieve?

It's so easy to tell yourself 'I haven't had that much' or 'my eating has been fine'. But then how often are these statements followed by 'Oh! But I just had a...' or 'Oh there was that as well'?

If you want to ensure you are on the right track, and guarantee your results then a food diary is a must!

Why...?

* It shows you in black and white EXACTLY what you've had- you can't kid yourself
* It helps you plan and prepare. You can even fill in your diary in advance, so you know exactly WHAT you are gonna have and WHEN! Remember the old saying 'fail to prepare-prepare to fail!'

In my experience, a slowing in results and lack of results, 9 times out of 10 is due to diet alone!

What information should you include in your diary?

What you at

When you ate it

How much you ate

How it made you feel, e.g. energised or bloated

What you drank

How much you drank

How it made you feel

What time you woke up and went to sleep

What exercise you did

What, if any, supplements you took

Fill it with as much detail as possible, e.g. which vegetables where in your soup, how many litres of water did you drink?

It's amazing how much of an impact keeping a food diary can have on the choices you make and the results you achieve!

Let's take some action and speed up your results!