

What Can You Gain by Keeping a LiftAwayFat.com Food Journal?

It's a simple, yet very effective tool to identify eating habits. We just forget by the end of a busy day or after a long weekend what we actually eat. Knowing you are taking in more than you imagined takes the mystery out of any new bulges that appear when you try on last years' summer clothes.

The easiest way to be successfully change what you eat is to keep your Food Journal with you. Print it out, stuff it in your pocket or purse. It can be your biggest help, your most useful tool in losing Excess Body Fat.

What Am I Looking for in my LiftAwayFat.com Food Journal?

Jot down everything that goes into your mouth. Everything. From morsel to meal. Bite-sized to buffet.

Try to list more information than just "burger". Don't forget the toppings, cheese and mystery sauce. They contribute a lot to your daily caloric intake. If you had a large fry, don't be afraid! Write it down. No one will see it. It's just between you and me. If you had a SuperDuperSlurper Soda in your car or at your desk, write it down. Calories you drink are often calories you ignore. Finished off the kids pancakes, write it down.

Write down everything that goes into your mouth. Don't worry. I won't tell anyone. Promise.

Writing it down helps take the mystery out of that extra inch around your waistline. And this helps you realize that you absolutely are able to recognize little things you can do, drop the cheese, order small fry, watch the salad dressing, that can help you lose Excess Body Fat quickly & easily. How 'bout that?

Your LiftAwayFat.com Food Journal makes you mindful that Excess Body Fat doesn't just happen.

It's a huge step to losing Excess Body Fat and keeping it off.

A client would hand me her weekly Food Journal with a guilty look. I'd glance through it and not say anything. It's a tool, not a guilt trip. No crying "Oh, No! You had cream cheese on a bagel on the way to work! Stay on that treadmill until you see the motor smoking!" No fist pounding on the Lat Pulldown machine "AAAGH! Nachos! Cheesey death!"

People are always surprised to see for themselves how much they ate over a weeks time. Lots of forgotten stuff.

Keeping track in your Food Journal can liberate you from worrying about everything you put in your mouth.

Keep in mind, it's not to punish, only to inform. Trying to lose Excess Body Fat without knowing what you are eating is like having a checking account and not recording checks you write because you don't want to know when you have spent your money. You have to go into this with eyes wide open. If you want that bagel and cream cheese, fine. But you will know the plain bagel is 330 calories and 0.5 grams of Saturated Fat. Even the "reduced fat" cream cheese adds 150 calories, and a huge 6 grams of Saturated Fat. So keep in mind, adding the cream cheese just three times a week for a month, adds 1800 calories, over half a pound, to your bottom line!

Your LiftAwayFat Food Journal is a friendly reminder you might want to skip those large fries for lunch. An extremely useful and simple-to-use tool to eating less and losing Excess Body Fat.

A little tip, two hours before bedtime, get your body ready for some rest. To avoid those couple of handfuls of chips, or that bowl of ice cream right before bedtime, brush your teeth. Puts the thought in your mind you are finished eating for the day.

Be true to your LiftAwayFat Food Journal. It's easy! Absolutely free. No taxes. No shipping. No handling. No obligation. No Food Journal goon squad grabbing your personal eating info. And most of all, no guilt allowed.