




Good LOGS



**Presented by
Mike Geary**



THE TRUTH ABOUT FAT BURNING FOODS

FOOD LOGS

Presented By Mike Geary, "The Nutrition Watchdog"

LEGAL DISCLAIMER

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

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MY DISCLAIMER

The legal mumbo-jumbo aside, the truth is that you can go ahead and ask your physician for nutrition advice – but don't expect to get quality answers.

This will offend a LOT of people, but most doctors simply have no clue of what you should eat.

In fact, one study showed that more than 50% of doctors have LESS nutritional knowledge than their patients (which are mostly clueless too). (Reference: Am J Clin Nutr September 1993 vol. 58 no. 3 319-325)

The simple fact that hospitals still serve junk like sugar-laden Jell-O and other processed foods to their patients proves once again that you should never rely on the medical industry to give you nutrition advice.

The only way you can get a different body and life is by taking different steps than the millions of overweight people in the US and around the world. It starts by getting information from independent sources that really care about your results.

Thankfully, that's what you're doing right now.

Your Second Brain Is The Reason You Need This Food Log

Weird title, huh? But let me explain.

Here's a little-known and shocking fact: You're not the only "you" inside your brain.

If you're like most people, you're only aware of the "thinking" part of your brain. The one that makes you aware that you're alive and that seems to be the one taking decisions.

But in reality, a second brain, called the "reptilian brain", is pulling the strings "behind the scenes". It's the part of your brain that's way older, and that is all about survival.

Did you ever found yourself eating a tasty food and then wondering what the heck just happened? I know I have...

That's your reptilian brain – or subconscious – that ultimately took the decision to eat those chips or this decadent chocolate cake. And your thinking brain wasn't strong enough to stop him.

Time To Take Control

It doesn't have to be that way.

You can "tame" your reptilian brain, but it will take efforts. That's where the Food Logs come into play.

The Food Logs will help you understand why you make certain decisions, and get to know yourself better.

The best part is: It will only take you 2 minutes to fill out every day.

So here's what you need to do right now:

1) Print the following 8 pages and fill your Food Logs every day for a week while on the Meal Plan you got with this product, or while on any nutrition plan of your choice.

2) After a week, review your 7 Food Logs and try to notice trends. Are you eating when you feel stressed? Do you feel hungry all the time, and end up making poor food choices? Are you still on track?

3) Fill out the Week In Review. Write down the one breakthrough you had during the week and formulate one Action Step that will help you tame your reptilian brain and set yourself up for success for the next week(s).

If this seems like a huge task for you, understand this: Solving a problem starts with noticing there's one.

If your brain is wired to sabotage your fat loss and transformation efforts, how do you plan to ever succeed? Try the Food Logs experiment for at least one entire week, and I'm sure you'll experience life-changing "ha-ha" moments.

Monday's Food Log

Instructions :

1) Enter today's date and fill what you ate today. If you follow a meal plan with less than 6 meals, simply leave the rest blank.

2) On the next page (Success Tracker), enter your daily victory. This doesn't have to be huge, but it has to be something you felt proud about today. Then, answer for questions.

3) Based on your answers, formulate one simple action you can do tomorrow to either fix what doesn't work, or to make what does work even better.

Date

Today, I ate...

Meal 1:

Meal 2:

Meal 3:

Meal 4:

Meal 5:

Meal 6:

Monday's Tracker

My goal:

What victory did you achieve today?



Appetite control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

hungry all the time

in control

Stress control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

no stress

stressed out

**How confident do
you feel in your ability
to stay on track
tomorrow?:**

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

not confident

totally confident

My action for tomorrow:



Tuesday's Food Log

Instructions :

1) Enter today's date and fill what you ate today. If you follow a meal plan with less than 6 meals, simply leave the rest blank.

2) On the next page (Success Tracker), enter your daily victory. This doesn't have to be huge, but it has to be something you felt proud about today. Then, answer for questions.

3) Based on your answers, formulate one simple action you can do tomorrow to either fix what doesn't work, or to make what does work even better.

Date

Today, I ate...

Meal 1:

Meal 2:

Meal 3:

Meal 4:

Meal 5:

Meal 6:

Tuesday's Tracker

My goal:

What victory did you achieve today?



Appetite control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

hungry all the time

in control

Stress control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

no stress

stressed out

**How confident do
you feel in your ability
to stay on track
tomorrow?:**

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

not confident

totally confident

My action for tomorrow:



Wednesday's Food Log

Instructions :

1) Enter today's date and fill what you ate today. If you follow a meal plan with less than 6 meals, simply leave the rest blank.

2) On the next page (Success Tracker), enter your daily victory. This doesn't have to be huge, but it has to be something you felt proud about today. Then, answer for questions.

3) Based on your answers, formulate one simple action you can do tomorrow to either fix what doesn't work, or to make what does work even better.

Date

Today, I ate...

Meal 1:

Meal 2:

Meal 3:

Meal 4:

Meal 5:

Meal 6:

Wednesday's Tracker

My goal:

What victory did you achieve today?



Appetite control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

hungry all the time

in control

Stress control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

no stress

stressed out

**How confident do
you feel in your ability
to stay on track
tomorrow?:**

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

not confident

totally confident

My action for tomorrow:



Thursday's Food Log

Instructions :

1) Enter today's date and fill what you ate today. If you follow a meal plan with less than 6 meals, simply leave the rest blank.

2) On the next page (Success Tracker), enter your daily victory. This doesn't have to be huge, but it has to be something you felt proud about today. Then, answer for questions.

3) Based on your answers, formulate one simple action you can do tomorrow to either fix what doesn't work, or to make what does work even better.

Date

Today, I ate...

Meal 1:

Meal 2:

Meal 3:

Meal 4:

Meal 5:

Meal 6:

Thursday's Tracker

My goal:

What victory did you achieve today?



Appetite control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

hungry all the time

in control

Stress control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

no stress

stressed out

**How confident do
you feel in your ability
to stay on track
tomorrow?:**

(circle your answer)

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not confident

totally confident

My action for tomorrow:



Friday's Food Log

Instructions :

1) Enter today's date and fill what you ate today. If you follow a meal plan with less than 6 meals, simply leave the rest blank.

2) On the next page (Success Tracker), enter your daily victory. This doesn't have to be huge, but it has to be something you felt proud about today. Then, answer for questions.

3) Based on your answers, formulate one simple action you can do tomorrow to either fix what doesn't work, or to make what does work even better.

Date

Today, I ate...

Meal 1:

Meal 2:

Meal 3:

Meal 4:

Meal 5:

Meal 6:

Friday's Tracker

My goal:

What victory did you achieve today?



Appetite control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

hungry all the time

in control

Stress control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

no stress

stressed out

**How confident do
you feel in your ability
to stay on track
tomorrow?:**

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

not confident

totally confident

My action for tomorrow:



Saturday's Food Log

Instructions :

1) Enter today's date and fill what you ate today. If you follow a meal plan with less than 6 meals, simply leave the rest blank.

2) On the next page (Success Tracker), enter your daily victory. This doesn't have to be huge, but it has to be something you felt proud about today. Then, answer for questions.

3) Based on your answers, formulate one simple action you can do tomorrow to either fix what doesn't work, or to make what does work even better.

Date

Today, I ate...

Meal 1:

Meal 2:

Meal 3:

Meal 4:

Meal 5:

Meal 6:

Saturday's Tracker

My goal:

What victory did you achieve today?



Appetite control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

hungry all the time

in control

Stress control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

no stress

stressed out

**How confident do
you feel in your ability
to stay on track
tomorrow?:**

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

not confident

totally confident

My action for tomorrow:



Sunday's Food Log

Instructions :

1) Enter today's date and fill what you ate today. If you follow a meal plan with less than 6 meals, simply leave the rest blank.

2) On the next page (Success Tracker), enter your daily victory. This doesn't have to be huge, but it has to be something you felt proud about today. Then, answer for questions.

3) Based on your answers, formulate one simple action you can do tomorrow to either fix what doesn't work, or to make what does work even better.

Date

Today, I ate...

Meal 1:

Meal 2:

Meal 3:

Meal 4:

Meal 5:

Meal 6:

Sunday's Tracker

My goal:

What victory did you achieve today?



Appetite control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

hungry all the time

in control

Stress control:

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

no stress

stressed out

**How confident do
you feel in your ability
to stay on track
tomorrow?:**

(circle your answer)

0 1 2 3 4 5 6 7 8 9 10

not confident

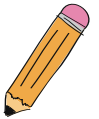
totally confident

My action for tomorrow:

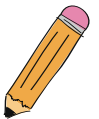


Week In Review

My Breakthrough:



My Action Step:



Instructions :

- 1)** Review your week's 7 Food Logs.
- 2)** Identify one lesson or breakthrough you learned this week and write it down. Keep things short and sweet.
- 3)** Formulate one Action Step you commit to do next week.

Some examples:

Breakthrough	Action Step
I simply can't resist chips	Never keep chips in my house
I eat in restaurants too much / No time to cook	Plan ALL my meals on Sunday
I get bored eating the same meals again and again	Find new recipes online