



FOOD LOGGING INSTRUCTIONS

Welcome to the MK Jumpstart Program! In this program, we'll work to change your perception and outlook on yourself, your body and your relationship with food. Over the next week, you'll record everything that you consume from the minute you wake up until going to bed.

We recommend using either [Lose It](#) or [My Fitness Pal](#), both of which are free downloads.

When logging your activity, please keep track of the following information:

1. Time of meals and snacks (anything you put in your mouth)
2. Foods you eat - please be as detailed as possible - the portion, type of food or brand and nutritional information you can provide
3. All beverages
4. Vitamins (if any)
5. Time you go to bed and how you slept
6. Exercise (if any)

After you've completed your week of food tracking, you'll be ready to download your report and email to Melissa@MelissaKathryn.com.

My Fitness Pal download report instructions:

1. From Food tab, click on Food Diary.
2. Scroll to bottom of page and click View Full Report (Printable).
3. Choose the date range of your report.
4. Right click and choose to Print.
5. Choose to Print as PDF (You can use a free Print to PDF program like Bullzip.)

Lose It download report instructions:

1. Click Reports tab.
2. On the left navigation list, click Weekly Summary.
3. Click Export to Spreadsheet.

Email your report to Melissa@MelissaKathryn.com before your session.

*Melissa*KATHRYN