

Why You Absolutely MUST Keep A Food Diary Or FAIL!

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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By Tony Tass

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When starting a fat loss and/or fitness program, most people neglect one very important step.....

.....keeping track of what you eat.

Keeping a Food Diary, a meal by meal record of everything you eat, can often times mean the difference between success and failure on a fitness program.

You absolutely MUST, MUST, MUST keep a food diary if you are to succeed in losing weight. I cannot stress that enough!

Most people have NO CLUE what they are eating or even how much.

Most people guess as to what they're eating and the vast majority of the time, they're WAY OFF!

Unless you write down EVERYTHING YOU EAT in a food diary, you will NEVER, EVER be able to accurately and consistently plan your weight loss. Don't fool yourself.

And you WILL FAIL....

It's a fact.

I did not get a handle on losing weight UNTIL I finally started to log everything I ate in a food diary on a meal-to-meal and day-to-day basis.

This does not have to be difficult. You can do it manually or use software for it. You can use a simple binder to keep track or even use your Palm Pilot.

I also recommend you buy the book "The Complete Book of Calorie Counts" by Corrine Netzer. It's one of the best

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I've found that tells you exactly what's in the food you eat, even ethnic foods.

Pick it up, it's extremely comprehensive.

If you choose to go the software route for your food diary, here are some good choices:

<http://www.dietpower.com>

<http://www.weightcommander.com>

<http://www.innovativelogic.com/crosstrainer/index.htm>

I hope you understand how important writing down what you eat is. It's the same with goals. If you don't write down your goals, they're simply dreams.

It's when you write them down, that you become more clear as to what you want and how you're going to get there.

When you write down what you eat in a food diary, you'll soon find that almost like magic, the weight starts to come off.

Try it....I know you won't be disappointed!

You have nothing to lose.....except the excess fat!

Use a food diary!

Good Luck with all your Fat loss & Fitness Goals!

Tony Tass is the author of the best-selling book "How to Get the Dream Body You've Always Wanted in 12 Short Weeks or Less!" – a complete system to turn your dreams into reality! Go to:
<http://www.dreambodynow.com> now and also get a FREE Fatloss Mini-Course!

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Use Online Diaries Instead Of Testimonials!

By Larry Dotson

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Have your customers publish an online diary instead of giving you a testimonial. The diary would include regularly updated entries of how customers are using your product to improve their life. You could give customers a free product or a rebate in exchange for them publishing it online.

Your customers could write diary entries about goals they have reached using your product, the positive emotions it's given them, the fears and worries your product has taken out of their lives, how bad their lives were before they bought it, how it has helped other people in their lives, etc.

Your customers could update it daily, weekly or monthly. It will depend on how often they use your product. You could publish the diary right in your ad or link directly to the diary. You could provide the people with web space for writing the online diary or have them e-mail you the diary entries for you to publish.

You can make the online diary extra persuasive by also including customer's personal profile, pictures, online video of them using your product, net audio of them talking about your product, even scanned handwritten letters, etc.

An online diary would likely outsell the common testimonial because it's updated on a regular basis and reveals more personal information. A diary is considered private which would make people more curious to read it and believe it's legitimacy.

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