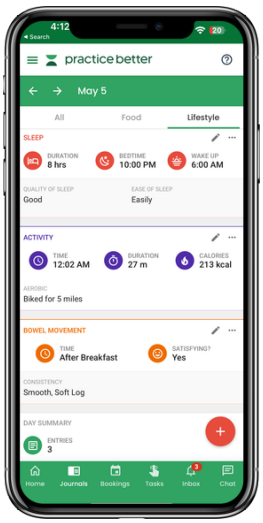
Fall in Love with Journaling

GET STARTED TODAY!

Journaling is a success strategy to assist you in knowing if you are consuming adequate protein and fiber as well as other key micronutrients like vitamins and minerals.





3 SIMPLE STEPS

Step 1: Download the app, **click here**.
Step 2: Watch the journaling modules.
Step 3: Start journaling at your next meal.

TODAY I JOURNALED

SUNDAY	☐	I did it!
MONDAY	☐	Way to go!
TUESDAY	☐	Living the life!
WEDNESDAY	☐	Rock star status!
THURSDAY	☐	Mission accomplished!
FRIDAY	☐	I am getting in the groove!
SATURDAY	☐	Ain't no stopping me now!

MY GOAL

I will use my journal tracker to plan my meals and reach my nutrition goals.

☐ yes! I did it!

☐ next week I will definitely nail this goal!