

What you will need to succeed:

- **Body weight scale**
This may be obvious, but you need this to track your body weight daily.
- **Measuring tape**
This will be used to measure your chest, waist, and hips or any other areas you are interested in monitoring. Maybe biceps? Quads?
- **Food Tracking App**
I highly suggest using My Fitness Pal, and I will gladly show you how to download, as well as all my tips and tricks for using it.
- **Food scale (when you're ready)**
You can purchase these at any local Walmart, Target, or on Amazon for reasonable prices.
- **A Positive Attitude**
You're about to try something totally new! Sometimes it will be easy, sometimes it will be tough. It's ok if you don't do everything perfectly - I don't expect you to!



“Part of an individualized program means meeting you where you're at.”

Macro-what?

All this talk of macros, carbs, fats, protein, My Fitness Pal, and tracking is confusing! Don't worry, I'm here to walk you through every step of the way. Part of an individualized program means meeting you where you're at. Maybe you're not ready for tracking, and that's totally ok. My job is to get you there...if that's what you want!

BUT WHAT IF I DON'T KNOW HOW TO COUNT & TRACK MY FOOD?

There are some great free online programs to track your food. If you don't already use one, I suggest myfitnesspal.com. However, I find the My Fitness Pal database to be unreliable. For example, there can be multiple nutrition entries for the same food item. Double check any of these on calorieking.com and, if necessary, create a custom food using the application.

If the food is generic enough, you can type into Google, "<your food> nutrition facts" and Google often comes back with reliable results. Dailyplate.com, Nutritiondata.com, and Calorieking.com are websites where you can find additional nutritional information on foods that don't have labels.

