



4 ounce Broiled Salmon +228

2 cups Steamed Vegetables +74

1/2 cup Brown Rice +108

1 Kiwi +46

Stay on Track for Weight-Loss Success

People who regularly record their weight, food, and exercise minutes lose more weight and keep it off. Tracking helps gauge calorie levels, keeps you accountable and helps you stay on the road to results.



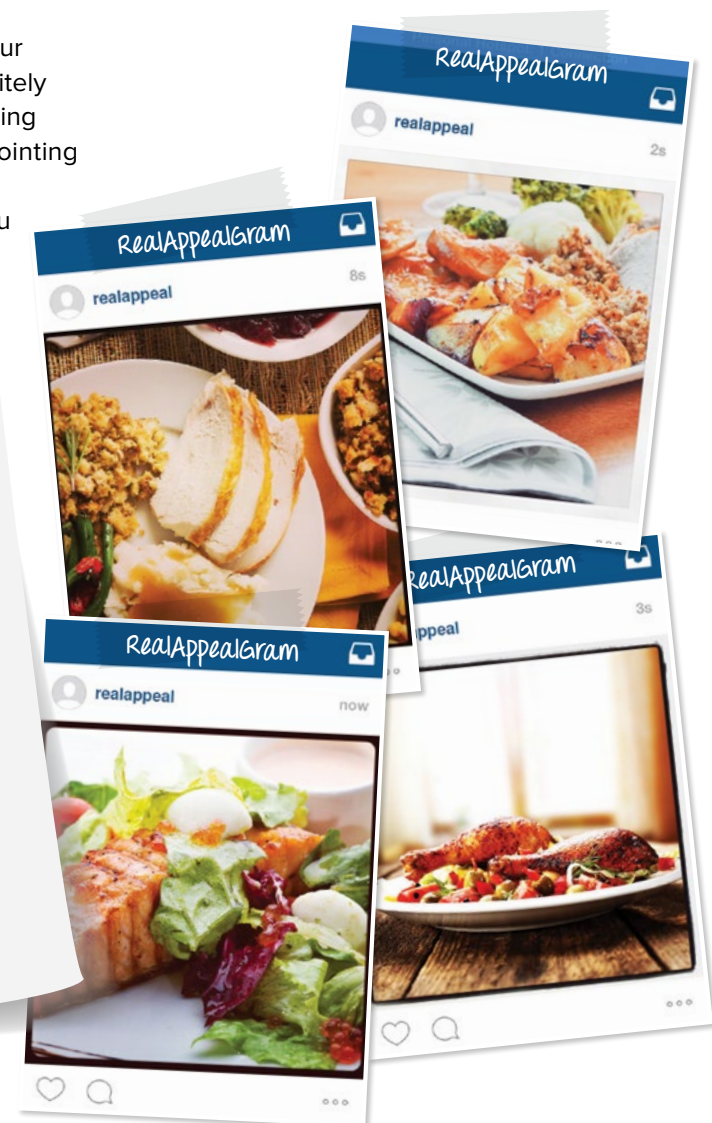
The Benefits of Tracking

We put you on the "tracking track" right away in session one for the very best reason: Because it works. Now, months into the program, you might wonder, do I really still need to log my food and activity?"

If you want to get to (or stay at) your target weight, the answer is definitely **yes!** Tracking is especially critical during times when weight loss slows—by pointing out exactly where you're overdoing calories or skimping on exercise, you can turn things around.

Ever take a photo of your dinner to post on Facebook or Instagram?

Doing so could help you lose weight! One study followed Irish university students who kept food records and snapped photos of their meals. Compared to food records alone, when students also examined the photos they discovered they were taking in about 250 additional calories daily! That number alone could be the difference between weight loss and weight gain!





Tracking Gone “Off the Rails”? How To Take Back Control

If your RealAppeal.com tracker hasn't seen much use lately, here's some motivation to click back into it. In a National Institutes of Health-funded study, people who tracked frequently shed, on average, 8.7 percent of their initial body weight at week 32 compared to 5.5 percent for people who logged less regularly (that's 17 ½ pounds lost compared to 11 pounds for someone starting out at 200 pounds).

We have **the solution!**

So, let's get real—what are the excuses that get in the way of your tracking for weight-loss success? No matter what your excuse, we have the solution!



I don't have the time to track, I'm too busy.

Solution: Remember that *just tracking alone*—before you cut a single calorie—is predictive of weight loss success. Those few seconds to weigh yourself or few minutes to log your eating and exercise can add up to big weight-loss results!



I'd rather forget about what I just put in my mouth.

Solution: Sure, it can be a little embarrassing to enter in “macaroni and cheese, – 1 cup” *three times*...but pretending it didn't happen won't get you where you want to be. Take a deep breath, type in everything you ate—*everything*—and try to minimize the judgment. (To help, Session 25 will give you all the tools you need to silence the harsh, negative things you say to yourself.)



I can't track because my cell battery is dead.
(or I'm not near my computer)

Solution: No technology? No problem! Track it old school! Use a pen and paper, or even a napkin or old receipt. Transfer info to your RealAppeal.com tracker when you're back in front of your screen.



I have no idea what I just ate!

Solution: Sometimes we truly “space out” and forget how much we’ve eaten. There are two main reasons this happens.

1. *You didn't keep track of portions.* Maybe you keep shaving off thin slices of chocolate cake—or, while sharing Chinese takeout, you can't remember how much you spooned out of each carton. To get an accurate view of how much you're eating, decide on an appropriate portion size *before* you dig in (for example, a small slice of cake or ½ cup from each carton of Chinese entree). Then, put that amount on your plate, and don't go back for seconds unless you're still hungry 20 minutes after your first bite.

2. *You're not sure what a portion looks like.* The hand measurements (such as a half a fist = ½ cup) you learned in Session 3 will help guesstimate portions. That session also steered you to reasonable servings of foods, such as bean soup (2 cups) and lasagna and other casseroles (3-inch by 3-inch square). And don't forget your tracker has great info on portion sizes. (Hint: You'll often strike gold by typing in a chain restaurant name, like Panda Express for Chinese food, or a frozen food brand.)



Stepping on the scale makes me too anxious

Solution: When the numbers aren't budging—or even worse, rising—weighing yourself can be rough. But the scale is so valuable because it's the most objective way to know if you're at the right calorie level and exercise minutes. If you miss a weigh-in, you miss the opportunity to adjust calories or activity minutes so you can continue to lose weight. Studies confirm that people who step on the scale

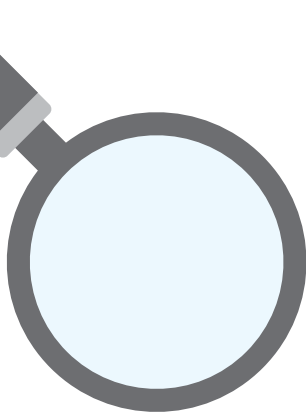
regularly lose more weight and maintain their weight loss. Researchers from the Minneapolis Heart Institute Foundation found those who weighed themselves more often were *eleven times* more likely to lose at least 5% of their weight. (So what are you afraid of again? Seeing the numbers going *down*?)

At this point in your Real Appeal program, we suggest that you start to weigh yourself twice weekly. Doing so will help you catch small weight gains sooner, when it's easier to get back on track. However, keep in mind that sometimes sudden weight fluctuations aren't “true” weight gain, but simply constipation, or water weight from a medical condition, medications, or being pre-menstrual. Avoid these “decoy pounds” by creating a routine of weighing yourself on the same two days of the week, separated by two or three days (such as Monday and Thursday). Weigh yourself after going to the bathroom, wearing the same light clothing (or nothing at all).

If you find extra pounds sticking around for two weeks, they're probably the real deal. Spring into action right away with the tips in this session and you'll be losing pounds again in no time.

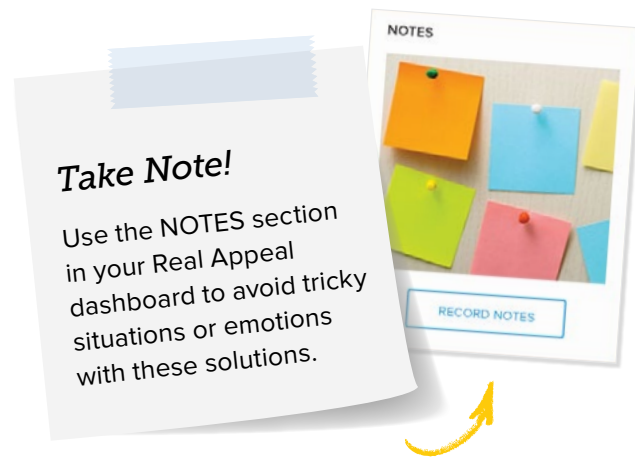
Let's track!!! 😊

Your Overeating Triggers—Solved!



Track your strawberry banana shakes, spaghetti with meatballs, and everything else you consume in a day (don't forget the glass of wine)—and your minutes spent exercising—and you'll wind up with a lot more than just a calorie calculation. Beyond numbers, tracking provides *awareness*. We forget so much of what happens in our day—it's just human nature. Tracking helps clue us into what foods are tipping the calorie balance, how much we're really working out, what's triggering overeating—so we can do something about it. Often, certain situations and emotions can derail you from

the weight-loss track—if you aren't aware of them. Simple solutions “break the cycle” and help speed you on the road to results.



Emotions

YOU TEND TO...

TAKE ACTION

Eat too much when stressed, bored, lonely, or even celebratory.



- *Work on the emotional issues using tips from Session 5. Talking to your Real Appeal coach or buddies, or a professional therapist, can really help.*
- *Find non-food ways of coping with emotions (see Sessions 5 and 8).*

Skip workouts when feeling down, depressed.



- *Remind yourself that exercise is one of the most effective ways to combat depression.*
- *Leave sticky notes with inspiring sayings on your mirror, workout bag, desk, front door.*

Situations

YOU TEND TO...

TAKE ACTION

Eat too much in certain places like:

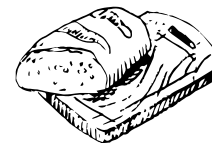
- **Sitting in front of the TV.**
- **At happy hour with coworkers.**
- **Chatting on the phone—in the kitchen!**
- **Walking past the bakery or fast food joint.**



- Remove yourself from challenging situations (skip happy hour, but join colleagues for lunch; change route to bypass the bakery.)
- Have a personal rule when you can't remove yourself from temptation (*I'll only drink ice water or tea in front of the television; I'll have a glass of wine—just one—at happy hour.*)

Eat while prepping and serving food:

- **You taste as you cook or put together a meal.**
- **You polish off the leftovers on your kids' plates while cleaning up.**



- Create a personal rule for food prep times (*I won't nibble while cooking, except tiny tastes to adjust seasonings; I will not eat off the kids' plates, even if it means throwing food away.*)

Skip workouts when:

- **Pressured by family members or friends to do something else.**
- **Taking care of children, an aging parent, an ill spouse—with no one to relieve you.**



- Guard your workout time, and be assertive.
- Plan your strategy in advance (*If I can't get out of the house, I'll exercise to a Real Moves video while the kids are napping.*)

Miss workouts due to:

- **Forgetting to bring your workout clothes.**
- **Last minute schedule changes.**



- Be prepared with a Plan B.
- Pack an extra workout bag in the car.
- Schedule workouts in the morning, when things have less chance of getting bumped.



Are You on the Right Calorie Track?

A week of carefully logging food into your RealAppeal.com trackers will tell you whether your daily calorie is just fine or needs some tweaking. (Ask your coach if you need help with switching to a new calorie level.)

If you're...	And still losing weight...	And not losing weight, or losing too slowly...
<p>At your planned daily calorie level</p> <p style="text-align: center;">➔</p>	<p>Bulls-eye! Stay right where you are.</p>	<p>Shave off 100 or 150 calories daily, but don't go below 1,250 (for women) or 1,550 (for men). If possible, add more weekly exercise minutes.</p>
<p>Exceeding your planned daily calorie level</p> <p style="text-align: center;">↑</p>	<p>It's working for you! Change your tracker to your new calorie level.</p>	<p>Ah, the culprit! Check your tracker for trigger clues so you can get back on track.</p>
<p>Below your planned daily calorie level</p> <p style="text-align: center;">↓</p>	<p>Just right! (Unless you're losing more than two pounds a week—if so, add 150 calories a day)</p>	<p>Trim daily calories by 100 or 150 calories but don't go below 1,250 (for women) or 1,550 (for men). Reset the daily calorie target on your tracker. If possible, add more weekly exercise minutes.</p>





I'm going to  keep tracking

✓ Commitment Contract

Because tracking helps me lose weight (and keep it off), I'm going to track often. I'll use the results to adjust the way I eat and exercise.

- I'll **log my weight twice this week**, and carefully input my food intake and exercise minutes daily on RealAppeal.com (also recording situations and emotions in the "Notes" section).
- I'll **look for triggers and patterns** that impact my calorie intake and exercise.
- I'll **work with my coach** to change any situations and behaviors that stand in the way of weight-loss success.
- Meanwhile, I'll continue my other healthy habits to the best of my ability.

My signature: _____