



HealthyBodyHealthyLife  
with *Melissa Koerner*

## Module 2 - Part 7 Action Step Plan

# How to Use Your Success Journal



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The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.

## | HOW TO USE YOUR SUCCESS JOURNAL

### **Here's your success checklist:**

- Start tracking the following:
  - Dietary habits
    - *What* you ate (proteins, fats and carbs)
    - *When* you ate (time of day/frequency)
    - *How much* you ate (general serving sizes; see your Metabolic Nutritional Type Meal Planning Guide)
    - *How you felt* after (energy, mood, hunger, cravings and focus; see “Food Journaling Tips” in your BB50 Success Journal)
  - Water intake (goal is 50% of your body weight in ounces)
  - Bowel movements (number of times, consistency; Note: you should pass at least 12 inches of stools per day. See “How to Evaluate Your Bowel Movements” and “The Poopie Policeman and Bowel Bandit Line-Up” in the Module 2 - Part 6 Coaching Session and handout for more information.)
  - With modules 3 thru 5 you'll track the following:
    - Sleep (bedtime, wake time, quantity, quality)
    - Stress levels: (daily stress levels, what are your stressors, daily relaxation)
    - Exercise habits (what did you do for exercise, how long, how you feel after)
  
- Pay attention to these four signals that indicate you balanced your meals properly:
  - You're NOT hungry for 4-5 hours.
  - You have NO food cravings.
  - You have more energy.
  - You're more mentally focused

NOTE: See “Food Journaling Tips” in your Success Journal for signals to pay attention to when your meals are imbalanced, and you've had too many carbs or proteins and fats.