REAL NUTRITION ONLINE FOOD AND CARDIO LOG

Logging food items, cardiovascular exercise, scale weight, stretching and recovery is easy with the REAL NUTRITION Online Food Log. Log effortlessly with a cell phone, tablet or computer. Logging enables you and your Coach to keep track of all the measurables of the 12 Week challenge, helps to keep the 12 Week Challenge logging priorities top of mind, and will help you be accountable to yourself and your REAL NUTRITION Coach.

Commit to logging for the entire 12 weeks of the Challenge. Without commitment you may forget to log, make excuses or lose motivation. Logging is key to success and results in the Challenge.

Once you get in the habit of logging you will find that it can be fun and you will look forward to it. It will become second nature to you. Most REAL NUTRITION participants choose to continue the habit of logging after the Challenge ends. Doing so helps make the benefits and routines obtained within the Challenge become a lifestyle.

STEP 1 - CREATE ACCOUNT

To create an account enter email address, create a password, enter first and last name and cell phone number, then click the Create Account button. Once an account is created you can begin logging.

* Logging begins on the Monday start date of the challenge. Accounts are only active during the 12 week Challenge. If you wish to continue logging after the challenge ends, speak to a Coach for more information.

* Upon purchase of the 12 Week Challenge, you will receive a Welcome Email to the Challenge. The email will include this link to sign up for your Online Food Log Account.

| Email |
| Password |
| First Name |
| Last Name |
| Phone |

Create Account

STEP 2 - LOGIN

If the application is closed and then reopen it and want to resume logging, it will be necessary to log in once again. Enter your email address and password then click the Login button. If you forgot the password, click on the Reset Password button and a reset password link will be sent to you via email.

* For quick and easy access to your Online Food Log on your cell phone, tablet or computer, bookmark this link nutrition.realresultsfitness.com

| Email |
| Password |

Login

Reset Password

STEP 3 - HOME PAGE

The Home Page appears after you login. To begin logging, click the Add Meal button. To review log details for any day, click the Display Meal Log button. To the right is a view of the Home Page screen.

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Home

Logout

Chris's Meal Log
Coach: Test Coach

Add Meal

Display Meal Log

STEP 4 - SUBMIT LOG ENTRY

Upon the Monday start date of the 12 Week Challenge, all participants are expected to begin logging their meals, liquids, scale weight, cardiovascular workouts, recovery and stretching.

Click the arrow for the Meal # box then select the Meal number. Next click the Date box and select the date for the meal to be logged. Then click the box for the time of day of the meal and select the AM or PM time of the meal to be logged.

To log a meal entry, type in detail a description and in proper amounts, the meal you ate or intend to eat inside the Meal Description box provided. (Ex: 3 egg whites and 1 tablespoon of hemp seeds served over 1cup of raw spinach and ¼ cup fresh blueberries. Two glasses of water)

For each Macronutrient item consumed (Protein, Carb, Veg, Fat & Water), click the arrow and a drop down menu will appear. Then select the appropriate number of Macronutrients (Ex: 2) you consumed in the meal. Repeat this process for each macronutrient by clicking the arrow and selecting the associated number.

Meal # 1 ⌄   10/02/2021   6:00 AM

3 egg whites and 1 tablespoon of hemp seeds served over 1 cup raw spinach and 1/4 cup fresh blueberries. Two glasses of water

Protein 1
Carb 1
Veg 2
Fat 1
Water 2
Weight 150

30 minutes of intervals on the treadmill. Intervals of 3.4 speed with an incline of 3.0 and 3.4 speed with an incline of 5.0.

☑ Stretch   ☑ Recovery

Cardio felt great today, I think I can increase the intensity moving forward with higher inclines.

My meal was the perfect amount of food and I felt satisfied.

Add Meal

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COMMENT BOX

There are numerous ways to communicate with your Coach but best regarding any questions you have with a particular meal or cardio question for that day is to leave a note in the Comments Box. Your Coach will see this note and get back to you asap with further instructions or feedback. You can leave a note for each Meal log you complete.

To complete the log process, fill out the Cardiovascular workout box if need be, and or check off Stretch and Recovery. * *Logging Cardiovascular workouts, Stretch and Recovery will be detailed in paragraphs to follow.*
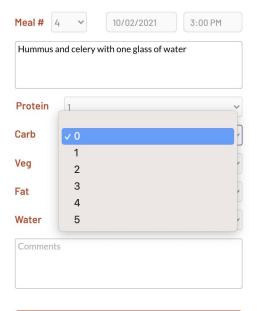
Upon completion of logging, Click the Add Meal button to submit an entry.

DISPLAY MEAL LOG

To review meal logs for any meal or date click the Display Meal Log button found on the Home Page.

Once a meal is submitted the app will redirect to the **Meal Log Page**. On this page Meals for the day are displayed or Meal logs from previous date when selected can be displayed. Displaying Meal logs will be detailed further in paragraphs to follow.

* To enter additional Meals logs, click the Add Meal Button which can be found on the Home Page or the Meal Log Page.

| Meal # | 4 ∨ | 10/02/2021 | 3:00 PM |

Hummus and celery with one glass of water

Protein   1 ∨

Carb   ✓ 0
        1
Veg   2
        3
Fat   4
Water   5

Comments

Add Meal

ZERO ENTRY

If a meal did not consist of a particular macronutrient, enter a (0) Zero or skip over the entry. If a number is not selected the application will automatically default to a (0) Zero entry.

For example, if dinner had chicken, broccoli and water, submit an entry of 1 for Protein, 1 for Veg and 1 for Water. Select Zero (0) for Fat and Zero (0) for carb.

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DUPLICATE LOG ENTRY

The Application has a built in function that prevents a user from submitting a Meal Log entry with the same Meal number twice as shown here below the Add Meal button. As a result, the Meal Log entry will not be submitted.

!!! DUPLICATE MEAL

Water	2

Comments

Add Meal

!!! DUPLICATE MEAL #

FUTURE DATE

The Application has a built in function that prevents a user from submitting a Meal Log entry for any day in the future. This function helps prevent user error and aids in accountability. As shown here text will appear if a user tries to select a future date. As a result, the Meal Log entry will not be submitted.

!!! FUTURE DATE NOT ALLOWED

* The Application has a built in function that prevents a user from submitting a Meal Log for more than one week in the past for the same reasons mentioned above.

Meal # | 1 | | 10/03/2021 | 6:00 AM

!!! FUTURE DATE NOT ALLOWED

3 egg whites and 1 tablespoon of hemp seeds served over 1 cup raw spinach and 1/4 cup fresh blueberries. Two glasses of water

Protein | 1

Carb | 1

CARDIO, STRETCH AND RECOVERY

When logging cardiovascular exercise, be thorough and descriptive. Don't just write - 30 min treadmill.

Make logs specific. (Ex:) 30 minutes of intervals on the treadmill. Intervals of 3.4 speed with an incline of 3.0 and 3.4 speed with an incline of 5.0.

In order to improve cardiovascular fitness (Vo2Max), workouts should be progressively more challenging all the time. Doing cardio to burn calories or stay active is not the goal. Do cardio to improve stamina, intensity and endurance - this is what lowers body fat, improves fitness and overall health. Logging details enables the Coach to see improvement - or no improvement. If there is no improvement, the Coach will make a further inquiry, leave a comment or adjust your cardio program if necessary. To submit a cardio log entry, type the specifics of the workout in the box provided.

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CARDIO, STRETCH AND RECOVERY LOG SUBMISSION

Only one time a day can you submit a log entry for Cardio, Stretch and Recovery. After submitting, additional entry options are no longer displayed. (As shown in the image here).

To prevent user error, submit Cardio, Stretch, Recovery and any info in the Cardio box and do so at the end of the day when logging your last Meal#.

Explain what you did for Cardio, Stretch and Recovery in the Cardio Box and then check off each that was completed.

If two cardio workouts occur on the same day, submit both workouts at the same time.

Upon completion of all logging for a Meal#, click the Add Meal button to submit the entry.

Meal # 2 ⌄   10/02/2021   9:00 AM

1/2 serving of smoothie. 1/4 cup kale, 1 med banana, 1/4 cup cabbage, 1 serving of Vegan protein powder, 1 cup of ice, 2 tablespoon of ground flax seed. 1/2 cup water

Protein 1 ⌄

Carb 1 ⌄

Veg 2 ⌄

Fat 1 ⌄

Water 2 ⌄

Hey Coach, is my water intake here 2 servings or more? Because I had ice also. Please advise, thanks.

Add Meal

LOG ENTRY

Best time to log? Whatever time works for your unique schedule, responsibilities and individual preference. You decide. Discover your own groove. There is no right or wrong answer.

Logging can occur right after or during a meal or at the end of the day when meal consumption and a cardio workout is completed. The benefit to logging during or right after a meal - it is easier to remember the specifics of portion sizes, ingredients and time of consumption.

If the same meal is consumed repeatedly, the application enables a user to copy directly from the app on a previous day by using the copy/paste feature on your device. Save repetitive meal notes somewhere you can easily access, copy and paste it such as in the notes section of your cell phone.

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MEAL LOG

For a complete review of meal log entries for any meal or on any date, click the Display Meal Log button found on the Home Page. Any form of entry is displayed here for the date the data is associated with. *
Reminder you will be directed to this page upon entering a Meal log.

10/02/2021		**Add Meal**					

Date	Meal #	Description	Protein	Carb	Veg	Fat	Water
Sat, 10/02/21, 6:00 am	1	3 egg whites and 1 tablespoon of hemp seeds served over 1 cup raw spinach and 1/4 cup fresh blueberries. Two glasses of water	1	1	2	1	2
Sat, 10/02/21, 9:00 am	2	1/2 serving of smoothie. 1/4 cup kale, 1 med banana, 1/4 cup cabbage, 1 serving of Vegan protein powder, 1 cup of ice, 2 tablespoon of ground flax seed. 1/2 cup water	1	1	2	1	2
Sat, 10/02/21, 11:45 am	3	Other half of smoothie. 1/4 cup kale, 1 med banana, 1/4 cup cabbage, 1 serving of Vegan protein powder, 1 cup of ice, 2 tablespoon of ground flax seed. 1/2 cup water	1	1	2	1	2
Sat, 10/02/21, 3:00 pm	4	Hummus and celery with one glass of water	1	0	1	0	1
Sat, 10/02/21, 6:00 pm	5	16 ounces of water with a scoop of Vegan protein powder	1	0	0	0	2

Cardio	**Weight** 150	**Totals**	5	3	7	3	9

Cardio
30 minutes of intervals on the treadmill. Intervals of 3.4 speed with an incline of 3.0 and 3.4 speed with an incline of 5.0.

Weight 150

Note

Stretch yes
Recovery yes

Comments

Meal #1 - Cardio felt great today, I think I can increase the intensity moving forward with higher inclines.

My meal was the perfect amount of food and I felt satisfied.

Meal #2 - Hey Coach, is my water intake here 2 servings or more? Because I had ice also. Please advise, thanks.

Meal #5 - I was only a little hungry and I fulfilled almost all of my Meal Program Numbers so I just had this.
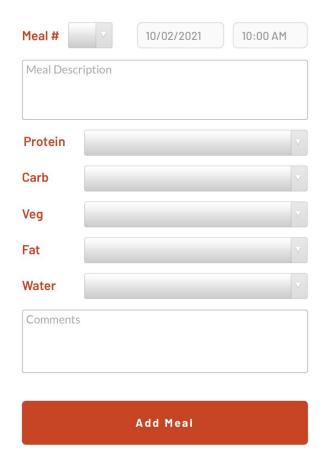
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SCALE WEIGHT

Scale weight can only be logged in the Online Food Log application once a day. Once weight is logged the box for it will disappear on subsequent logs for that day. (As shown in image here).

Weighing on a scale can occur daily, weekly or randomly. If you experience guilt or shame or judgement and become obsessed with weight in an unhealthy way you can refrain from weighing altogether.

Weighing is advocated in the Challenge for accountability and helps the Coach see if an adjustment to the Meal Program Number (Ex: 5 3 5 2 10) is needed. If scale weight is not budging or going up this could be an indication that the Meal Program Number may not be suitable. Weighing often can also help detect patterns associated with scale weight and food intake. Consuming too much or too little food will become obvious on the scale. Weighing is simply a visual tool that assists in the fat loss process.

Meal # [ ] ▾   10/02/2021   10:00 AM

Meal Description

Protein [▾]

Carb [▾]

Veg [▾]

Fat [▾]

Water [▾]

Comments

Add Meal

PORTION SIZE

Be specific when logging portion sizes. Doing so helps the Coach determine if portions are accurate for your unique body for any one meal and align with your goals. If scale weight has stabilized for more than 10 days, you're often full or bloated - you may be consuming portions that are large or too much food overall throughout the day. Expect your Coach to make mention in the comments section if he/she notices you are repetitively not writing down portion sizes. Your Coach can't properly guide or steer you without this information. You are not holding yourself accountable either by not logging portions.

Low energy, hunger, losses in strength or muscle may indicate too little food either in portion size or overall consumption throughout the day. Again the Coach can't know if a change needs to be made without specifics detailed in logging.

To be specific, eye your food and provide measurements visually. ⅓ cup, 4 ounces, or 2 tablespoons for example. Or use the hand chart from the book on page 34 when logging. There is no need to weigh food items to measure quantity.

Modified 10 3 21

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