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TAKE CHARGE FOOD LOG SETUP GUIDE

The book keeps this deliberately simple: reduce friction, use a photo-and-question routine, and look for patterns rather than perfection.

Set it up in three steps

- 1. Take a photo before or as you begin each meal.
- 2. Keep the photos together in an album or folder called Take Charge Food Log.
- 3. Review or upload the photos after meals so you can learn from the day and plan what comes next.

What to notice

- Protein across the day, not only at dinner.
- How meals affect hunger, energy, and cravings later.
- Where vegetables, fiber, hydration, or other basics may be missing.
- Patterns over several days instead of judging a single meal.
- What one small improvement would make the next meal or next day easier.

A simple routine

Photo. Ask. Learn one thing. Make one better choice. Repeat. The book emphasizes consistency over perfection and encourages using the system with restaurants and travel too.

Important guardrail

If tracking starts to create anxiety, guilt, fixation, or fear around food, stop using the tracker and discuss that change with an appropriate healthcare or mental-health professional. The tool is meant to build curiosity, not distress.