



Tracking Your Foods & Activity

A Vital Part of Your Weight Loss Journey

Recommended App:



Baritastic

(Press 'Skip' when it asks
for your Surgeon's #

How to begin tracking your daily food & activity:

It's as easy as jotting things down in a notebook or downloading an app for your smartphone and creating an account. How you begin is not as important as when you begin. Today is your day.

As you progress through the insurance counseling process of your weight loss journey, both your surgeon and your counselors support keeping track of your daily foods and activity. This provides a tool for you and your team both before and after your procedure.

Your app will sync with any wearable fitness device and can add your daily steps to your activity totals.

More Than Nutrition and Weight Tracking

- Track inches lost.
- Setup daily reminders for water, protein shakes, vitamins and supplements.
- Take photos and create a photo timeline.
- Track hunger, happiness and even bowel movements.
- Integrate with major wearable devices to track steps.
- Access bariatric friendly recipes.
- Track your body mass index (BMI).
- Count down to surgery and track days since surgery.
- Seminar to surgery checklist to stay on track and get approved.
- Bariatric timer that separates food and water.
- A bite timer that helps you slow down while eating.
- The best bariatric resources to stay supported and educated.

How to email your food journal:

1. Open app and touch the 3 lines that appear top & center.
2. Select 'My Reports'
3. Select 'Food Logs'
4. Select '30 Days'
5. Email to: Dawn@CFWLS.com

Thank you!

**Email your
food journal to:**

Dawn@CFWLS.com