

## Recording & forwarding your choices.

*According to the data, your odds of achieving ideal health  
improve by 75% if you write what you eat and then forward your choices  
(to Brad Pamp) for accountability.*

### How it works.

1. Print the diet journal (pdf. see pg 2), manually write your daily choices, or load the (word.doc) and commit your selections.
2. Send your weekly journal to Brad Pamp via email.
3. Photograph and send your primary meal of the day to Brad Pamp (via WhatsApp, or Text, 0412 487 034) in weeks 1 & 3.

*Brad Pamp*

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Midday							
Evening							
Snacks							

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