



Keeping a food journal is the single most effective way to keep a watchful eye over the amounts and types of food that you eat. Some folks like to keep written journals or diaries; others find that our [free Active 8 online food journal](#) is easier and does all the calculating for you. No matter what way you keep track of your food intake, it is a secret ingredient to long-term successful weight loss and weight loss management.

A recent research study by Kaiser Permanente found that when participants kept a food journal, it actually *doubled* their results. According to the press release by [PRNEWSWIRE](#):

"The more food records people kept, the more weight they lost," said lead author Jack Hollis Ph.D., a researcher at Kaiser Permanente's Center for Health Research in Portland, Ore. "Those who kept daily food records lost twice as much weight as those who kept no records. It seems that the simple act of writing down what you eat encourages people to consume fewer calories."

Even though Dr. Steelman has long advocated the use of a food diary for his patients, the very public release of this research study has brought new public awareness to an integral part of weight loss management – keeping track of food intake.

So resolve and make a commitment to keep track of your food intake – and you will be much more successful in your weight loss goals!

Here is a link to sign up for the free online food journal:
http://www.myactive8.com/A8_Journal/A8journal.htm