Guidelines and Tips for daily food dedication

and check-in, group support and ongoing communications:

!. Plan the day ahead what you will eat tomorrow. Post your food on Facebook the day ahead before 4pm PST and you will receive feedback if it is off. We do not check entries after 5pm. Entries posted after 5pm will be answered the next day.

2. We encourage you to write and commit your food on-line for 90 days because:

 …planning ahead is a commitment to yourself

 …it brings support and accountability when you post it for the group

 …it invites feedback for accuracy

3. You have 12 weeks of daily access to us. This is used for checking your meal plan, questions around food, dining out\*, what to say to people, how to deal with triggers, how to manage events, how to deal with family dining and things of that sort.

4. We encourage you to post in the group so you can receive support from everyone, if you have a sensitive topic, you may private message Kimberly or I and we will respond daily.

5. Weigh yourself every Monday and post it on Club Shed or private message Kimberly or I.

\*We recommend not dining out for the 1st 30 days of this program.