

The 24/7 Diet Log

The 24/7 Diet consists of three things that you should try to do every day, 24/7. The more successful you are at doing them, the more successful you will be at achieving your goals. These three things are simple in concept, but may not be so simple in implementation. Nonetheless, they are likely simpler and more effective than most other diets, not only for weight loss but more importantly for health:

1. Exercise 20 minutes daily (we define exercise as anything that gets you huffing and puffing).
2. Follow “The 4:1 Rule” of healthy eating (eat *at least* four healthily-prepared plant- and fatty seafood-based foods for every “whatever” food). This means that $\geq 80\%$ of your diet should consist of healthily-prepared plant- or fatty seafood-based food.
3. Get 7 hours of quality sleep every night.

Put it to the test for a few weeks (minimum two). Note – the next page provides a four-week log without all the narrative.

Date							
Minutes of exercise¹							
% of diet = plants/FS²							
Hours of qual. sleep³							
Weight⁴							

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¹Use your discretion, but we recommend that you only include minutes that would qualify as “*cardio*” – huffing and puffing.

²For simplicity in documentation, estimate what percentage of your intake consists of healthily-prepared plant- and fatty seafood-based foods, *rounded to the nearest 10%* – e.g., if you followed The 4:1 Rule for the day, write “80.”

³Include total hours of *quality* sleep.

⁴You do not have to weigh yourself every day (use your discretion), but during this exercise you may find it helpful and telling, understanding that your weight can fluctuate from one day to the next based on a variety of factors, e.g., whether you’ve eaten or not, the time of day, amount or weight of clothing worn, water retention, if you’ve used the rest room (#1 or 2), etc.

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