

How to Share a Food Log for a Holy Mess Challenge

Video Transcript

00:01 Hi friends, Sara here with The Holy Mess. In this video, I am going to walk you through how to keep a food log for a challenge that we do here at The Holy Mess and how to share it with the group.

00:16 So how to keep a food log. You can use whatever method works for you. You can use an app. You can use good old-fashioned paper and pencil.

00:26 You can take a picture of your plates and share those. The one thing that we ask is that whatever method you use you either keep track of calories or points unless you've made some other arrangements with us.

00:40 For some people that might be triggering or they might have some issues with that, but for most people, we really want you to keep track of points.

00:49 When I say points or calories, I kind of mean the same thing that's Weight Watchers Points or Healthy App keeps track of points.

00:57 You do not need to purchase any type of tracking program. MyFitnessPal has a free version, works great. Healthy is an app that has a free version of tracking points.

01:09 That works great. Paper and Pencil, you can pick it up for a buck at your local dollar store. That is perfectly fine.

01:16 Any of those methods are fine. You can do it on your phone, you can do it on paper, whatever. It works for you.

01:22 So once you have your daily food log, you are going to share it in the Facebook group. So here's an example of a Facebook group.

01:30 Yours is going to look slightly different because I'm an administrator for this group. Also, I'm on my laptop right now.

01:37 When you come on your phone, it might look a little bit different, but I'm going to walk you through where to find everything.

01:43 So I'm here in the Facebook group, and I'm going to scroll. Oops. I didn't mean to do that. Let me go back.

01:50 I'm going to be scrolling down in the group. One of the most important, there we go, one of the most important things to keep in mind is where to share your food log.

02:07 This is really important. Really, this is very important and the reason why, if you come into the group, like you just come in the group and you're like, oh my goodness, I don't know that much about technology, Sarah.

02:18 Oh, it says photo. Okay, I'm going to share a photo here. This is not where we want you to share your food log.

02:24 The reason we why is if you share your photo right here where it says write something or you type in or you share a screenshot I know you might be like, oh, I'm really proud of myself.

02:34 I figured out how to share a photo. The trouble is that goes into the main part of the group. And we have sometimes for our challenges 100, 200, 300 people in the group.

02:46 So if you just share it directly in the group and everybody else does it right in the group, that's like 300 food logs a day all coming in the group and we're all going to get flooded.

02:57 With food logs and we're not going to be able to see everything else that's really going on. So what we do is we create a separate post each day, that's where your food logs go.

03:09 And where you can find it, it's going to be each night. Starting at 6 p.m. Eastern Standard Time, it'll come up.

03:17 It comes up at 6. So if you look before 6 p.m. Eastern, it won't be there. But after 6 p.m.

03:23 Eastern, it'll be there. You might see it, like if you just kind of scroll through the group, but you might not because Facebook is goofy.

03:30 And we all just have to put up with Facebook because we're playing on their playground. But what we do here at The Holy Mess is we do our best to do it as soon as we can at 6 p.m.

03:39 Or right after is there's this featured section. Now on your phone, it's going to look a little bit different. Let me see if I can actually just pull it up on my phone.

03:49 Okay, so I'm in the group. I don't know if you'll be able to see. At the top, there's these little gray buttons.

03:59 One of those says featured. If you click on And I'm gonna click on it on my laptop here. It's just gonna take me to like the main posts that we have Marked as like really important stuff that you need to know.

04:13 So here I put some stuff about the challenge. Okay Here's our practice post. So it says day one share your food log in the comments day two There's gonna be a post that says day two day three There's gonna be a post that says day three and so on so you want to come here and then You want to come down

04:33 ? To where it says write the comment and share your food log there now It's perfectly fine to share more than one photo.

04:41 So like I'm using the Weight Watchers app right now. I'm tracking points I shared my food log for today for you so you could see it Look, I shared three and a lot of times I'll share four depending on how much how much food I'm eating that day So it's no problem at all because they're all in this one

04:58 thread It'll end up that there will be like hundreds of comments on this thread, but that's fine You know just share your food log So you go to write a comment and then you have a couple different options now You could type so you could say breakfast.

05:13 I had You know light bread and I had two eggs And I had Smart balance butter and then if you're talking calories, you tell us your calories if you're talking points You'd put in your points.

05:28 So for me, that'd be like That'd be like three or four points, let's say And then we want you to put your total points or total calories for the day And we're not nutritionists.

05:44 We're not doctors. So you know, we're not giving you specific advice And we're not judging. Hello. You've heard my story.

05:52 You know, i'm not judging you But we are keeping an eye because one of the biggest concerns we've seen Is actually not that women eat too much, but that they eat too little So we are going to be keeping an eye Especially the first few days just to make sure that you are eating enough And consistently

06:09 throughout the day. So again not no judgment but we are kind of keeping an eye on that just for your own safety and well-being So do tell us how many so I put in breakfast then i'd put in lunch then i'd put in dinner I put in Snacks gotta have my snacks and then I might say like, you know, 29 points

06:30 total for the day Okay, I you know, I I know pretty good about points. So I know about that So that's what you would do if you wanted to type it, which is perfectly fine If you don't want to type it If you want to share a photo you're gonna use that little photo icon where it says attach a photo or video

06:48 on your phone You'll click it and then your phone will say like permission to use your photos Facebook wants to know And you're gonna say yes, and then you'll be able to scroll through your photos and put a photo there on your computer It's gonna open up wherever your files are so see here's my files

07:09 of our beautiful Lynette Let's say this was my food log file I would click it and click open and Then it's gonna put it there And then I have to click this comment for it to actually like load the page, so that's what I would do everybody's Computer is a little bit different, so Yours might be slightly

07:33 different The other thing that a lot of times people run into is they download things to their computer And then they can't find it anyone anyone or is it just me I do that all the time, too What might be helpful for you is save it?

07:45 To your desktop and then look for it on your desktop That's a little trick or you can create a new file your files on your computer or like your files in your filing cabinet You got to find the file so you can find what's inside the file so We love our beautiful lynette, but i'm going to delete this

08:02 because it's not a food log. I was just using that as an example You can literally take a picture of your food log and share it You could take a picture of your screen like if

you figure out how to find it on your computer screen or your iPad you could seriously take a picture of your screen and share

08:22 that really whatever you can do to figure out how to get your food log in here.

That's fine We're not picky about the technology and we don't want you to get stuck.

08:32 Sometimes we try to major in the minors. This is majoring in the minors. Don't stress out about that. However, you can figure out the technology to get your food log on there.

08:43 Good. One picture, three pictures, four pictures, type it in, whatever it is. Put it on there. Now Lynette, she did a pretty pretty.

08:53 There are some different programs you can use where you take your pictures and you put them on a background so that they're all on one photo.

09:01 If you want to do that, go for it. You can ask in the Facebook group and people will help you out with that.

09:08 I'm not messing with it. I'm just putting my pictures on there. I took a screenshot with my phone. If you don't know how to take a screenshot, you can just Google screenshot comma and then the name of your phone like iPhone 6.

09:21 iPhone 10, but I don't even know what we're on now. Android and and directions will come up. For me on my iPhone, I click two buttons and that takes a screenshot and then that saves it to my photos and then when I go to my photos, it's there.

09:38 You might have a different type of phone, it might be different for you. So there's lots of different options. If you're using a laptop or an iPad and you don't know how to take a screenshot, again, Google the name of your computer and like screenshot.

09:53 And that you can get the directions for that. So we'll help you as much as we can. Sometimes it's a little hard for us to help because everybody has a different computer.

10:03 But those are some of the helpful tips. If you share a food, food log every day for a 30-day challenge we offer a really, really cool bonus.

10:16 It's almost worth the value or is worth the value of your whole enrollment fee. So it's almost like getting like double value for enrollment.

10:25 It's an incredible value. If you share a food log every day, you get a prize. And what we do for the 30-day challenges is you get to vote on what the prize is going to be.

10:37 So it's always some type of a workshop to enhance your weight loss and And so the groups in the past have done a meal planning workshop, we did a self-sabotage workshop, wonderful resources.

10:49 So the 30-day group gets to vote on the bonus. That bonus is such high quality, it's so good. And we have a really high success rate of people in those challenges sharing their food log every day because of that prize, which isn't easy.

11:06 So we really work on think like a scientist and step back from the emotion. We also talk about, commit to ugly tracking and what I mean by ugly tracking is honest tracking.

11:19 So you know on this day okay I had two points left over but sometimes I have I'm 10 points over 20 points over.

11:25 I've used all my flex points or my calories on times that I'm tracking calories. I'm 2500 calories, I'm 700 calories over it happens because we're human and this is hard.

11:37 So don't be afraid of ugly tracking. Don't be afraid of sharing it with the group. It's worth it to learn to track honestly.

11:45 Because most of us don't track honestly, do we? We quit tracking when we go over and that's not what we want to do.

11:51 So that's how to share your food log during a challenge. I hope that that's helpful, a little bit of a walk through of sharing it in the Facebook group and we're here to support you.

12:01 Every step of the way. I'm Sara with The Holy Mess, sending you lots of love.