

Keeping Track of Meals and Snacks.....Options

Online/Mobile Apps

- Baritastic *#1 RECOMMENDED*
- baritrack
- fitday
- my-calorie-counter
- Calorieking
- mynetdiary
- loseit
- livestrong
- sparkpeople
- myfitnesspal
- Check Apple store for others

- Paper and pencil

- You will need to use food labels or look up food values in food values book

