

How To Get To Q1 Waist to Height (WtH)



Improvement After Movement

Introduction - 1977

Just about everybody knows about the Titanic, far fewer people know about Tenerife, (the Tenerife Airport Disaster) that runway picture above was the scene of (still) the worst airplane accident in history, on March 27, 1977, when two Boeing 747 Jumbo Jets collided on the runway, resulting in 583 deaths. The two airlines involved in the accident were Pan American and KLM (Royal Dutch Airlines). There were so many factors and coincidences that happened that fateful day in order for this tragic accident to occur, and the purpose of focusing on it now isn't about blame, it's simply to point out that the greatest factor involved in that accident occurring were the clouds on the runway. Allowing for every other factor involved in the accident, if those clouds aren't there, that accident doesn't happen.

In 1977 the US Government released their Dietary Goals for Americans, which lead to the 1992 Food Guide Pyramid, (FGP) the Food Guide Pyramid has been slammed by so many people, including vast numbers of nutrition experts. I've found the Food Guide Pyramid to be an absolutely brilliant guide in my own weight loss experience, but only after learning what the serving size quantities for each of the 5 food groups are, (Grains, Fruits, Vegetables, Protein and Dairy), as well as taking a new approach to the tip of the Pyramid section, which "junk food" is one part of. (Anytime I use the words 'junk food', know that I'm not doing it disrespectfully, 'junk foods' are part of my success too)

This picture below is a screenshot from a 2014 diet documentary called Carb Loaded, (it's free to watch on YouTube) the Obesity epidemic we now find ourselves in started in 1980, which was 3 years after the US Government released their Dietary Goals for Americans, which also included restrictions on both sugar and fat.



I simply want to draw your attention to the left side couple below, I believe this couple represent the time period from the 1940's and 50's.

Let's look at the sandwich first, those 2 pieces of bread are each one serving of grains in the Food Guide Pyramid, which recommended eating 6-11 servings of grains a day, so that simple sandwich makes up 2 of the 6 recommended servings on this day.

Next, I want to draw your attention to the glass of cola soft drink and compare the size of this soft drink with the size of the soft drink in the next two images.

I've heard some experts in nutrition talk about turning the Food Guide Pyramid upside down and to then follow that model, what they disregard mentioning is that the 6th group in the Pyramid, the tip of the Pyramid, includes sugar, oils and fats, so by turning the Pyramid upside down truthfully, they're effectively saying to increase both sugar and fat consumption, that's a fast lane to heart disease, a whole lot of discomfort and likely premature death.

The clouds on the runway is a metaphor in this primarily picture book, they represent confusion in the public about what we should eat and drink, my goal is to remove that confusion with the clouds on the runway clearing and unlimited visibility being restored, allowing anyone wanting to lose their simple excess weight to land or take off safely.

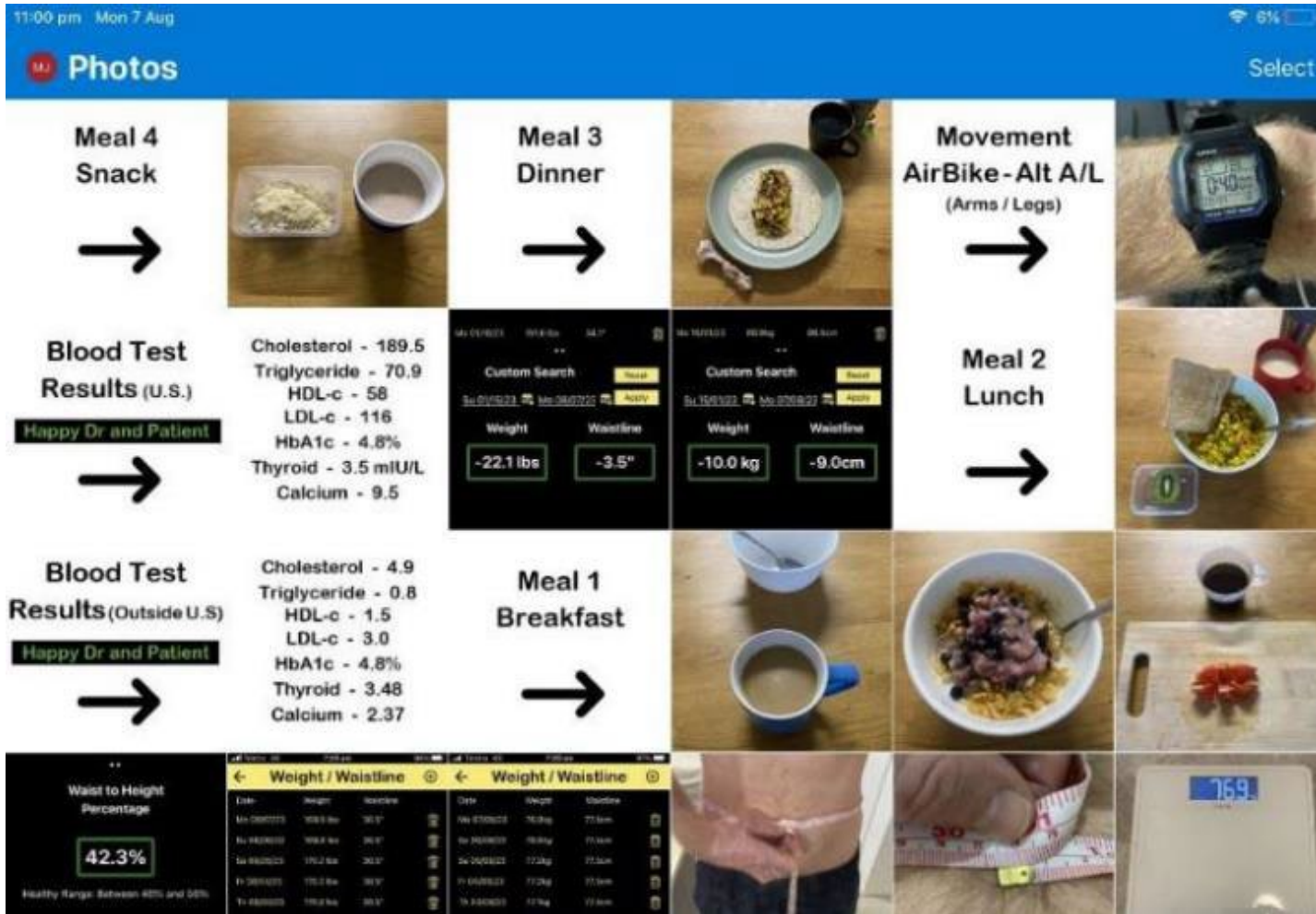
IMPORTANT NOTE: The next page includes a sample daily page from my picture book, there's one thing you have to do to understand it and that's to read it the exact opposite way you would read a normal book. Start at the bottom right hand corner photo, that's me weighing myself first thing in the morning, then scroll left along my measurements. Breakfast begins at the start of the second line from the bottom, (above scales). On August 16, (10 days to go) I re-arranged my morning measurement photos, replacing the scales with my **Waist to Height (WtH) %**, the **main daily number** in this book to follow. My goal in January was to see if I could get my WtH down to low 40's by August 26.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

A Sample Daily Page

3 weeks ago today (August 5th) I had blood tests done, I met with my Doctor on Monday, August 7th and got my results, (some listed below). Next to the US Blood Test Results is part of two screenshots from a Custom Search feature of an app I designed, Users can search a specific time period and see the results of both their Weight and/or Waistline.



The bigger 2023 Custom Search I continue going back to in my picture book is a search from January 15th to the current date.

January 15 was the day I had my 5th binge in an 8 day period, and it was a turning point moment in my health, that particular turning point moment (there's been a few) resulted in part in this document.

What those Custom Searches tell you is that from January 16th to August 7th my Weight and Waistline were reduced by:

22.1 lbs / 3.5 inches or 10 kgs / 9 cm

Not all of that weight loss was fat weight, which is indicated in the simplest way by the 10 kg / 9 cm reading, not just from that one reading either, but also knowing my body, progress and history this year. I think it's fair to say that 1 kg / 2.2 lbs of my weight loss in these two screens was lean muscle loss. (Note: Allow up to 1 cm / 0.4 inch daily variance).

A great health marker now is called Waist to Height (WtH), (bottom left) you simply want your waistline (belly button measurement) to be less than half your height, (50%). The place to live long term is between **40 and 50%**, I've been living there now since 2019.

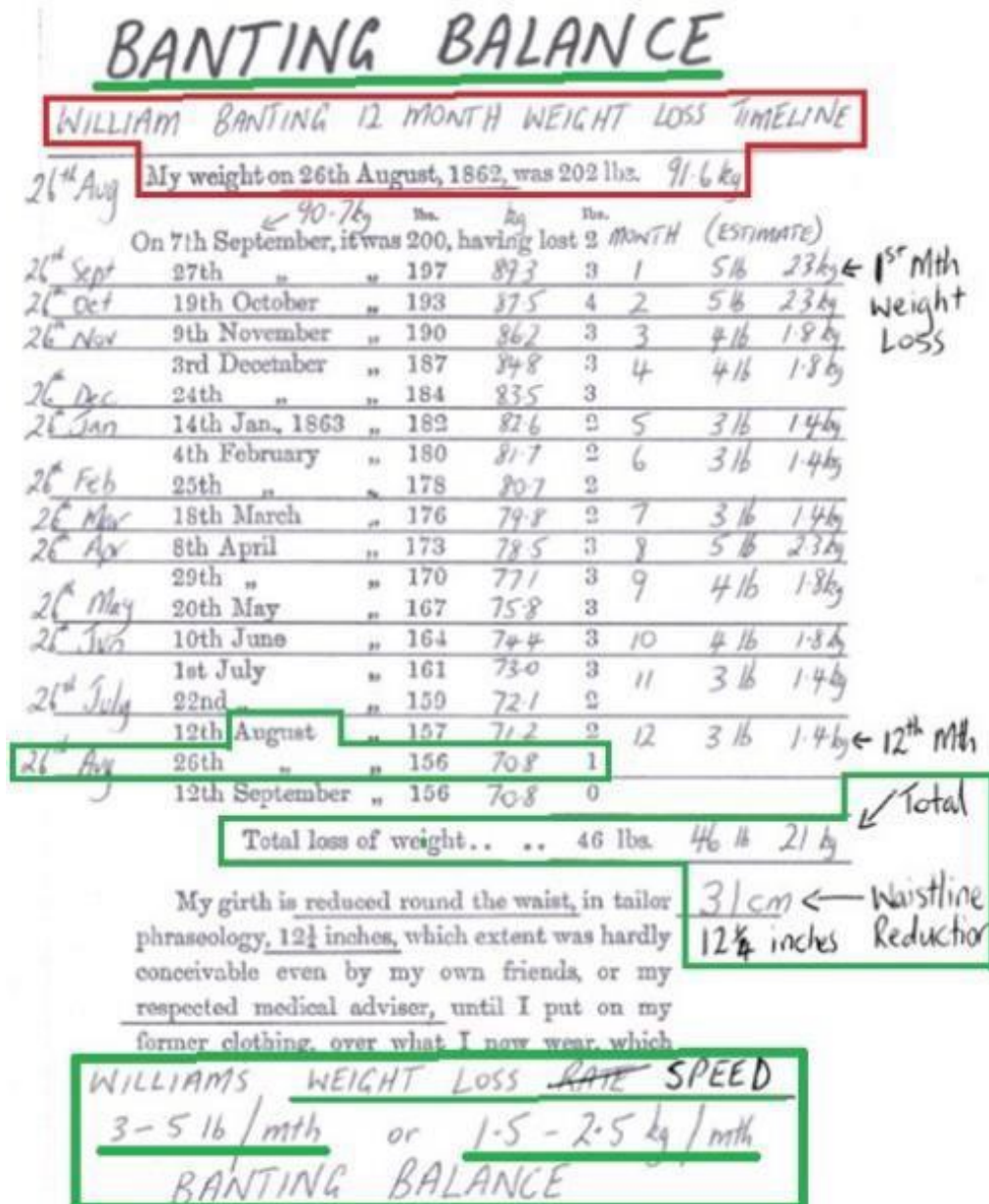
On January 16 this year my WtH was 47.3% for the 4th straight month. Shortly after, I set my low 40's WtH goal, and, that I would document it, here's my August 7 daily note.

| | |
|---|---|
| Day / Date / Time of Measurements: Monday, August 7th, 7.20am | Pounds / Inches: 169.6 lbs / 30.5 in |
| Note: Met with my Doctor to learn the results of my blood test, was first time I showed him my Banting docs, and Weight / Waistline app screen. | Kilograms / Centimetres: 76.9 kgs / 77.5 cm |
| | Custom Search Note: Estimated 1kg / 2.2 lbs muscle loss since Jan 16. |

Improvement After Movement

What Does Once and Forever Weight Loss Mean?

160 years ago today, (August 26, 1863) my 4 Greats Grandfather William Banting completed a 12 mth 46 lbs / 12½ in (21kg / 31cm) Weight / Waistline Reduction, Once and Forever.



Mr. Banting's :Letters to the Owner of the 1869 Edition which Is at Countway Library at Harvard Medical School

18 October 1870
4, The Terrace
Kensington. W.

To: James H. Brown, Esq.

My dear Sir

I have the pleasure to acknowledge the receipt of your letter "dated 30th September." This morning, nothing you could possibly have sent me from America or any other part of the World could have been more gratifying. I thank you heartily for it as well as for the newspaper scraps which accompanied it showing your kind, noble, and generous vindication of the Banting system. I assure you I am quite delighted that you and some of your friends have found benefit from a trial of it. I am constantly still receiving gratifying letters and the medical men in England; or at least some of the most important of them, have written to compliment me on what I have done. Hundreds regret they did not inau-

William's final letter comment, he lived for five more years, passing away at age 81.

10 YEARS LATER

Dear Sir
Yours faithfully
William Banting

↓ I continue in good bodily and mental health, am in my 76th year - have lost 50 lbs in weight - 13 inches in girth and maintain my normal condition - Few men of my age more active - I cannot expect this will last much longer.

How To Get To Q1 Waist to Height (WtH)

12 Months



2018

2019

12 Months ago today, I released the first version of a free ebook anyone can read called The True Banting Diet, [tap this link](#) to download a copy of it, or simply google “Improvement After Movement” and you can download a copy of it from my website. Including the initial 12 month period when I was trying to figure out how William lost his 46 lbs / 21 kgs excess weight in a 12 month period, (when Calories didn't exist as a nutrition measuring gauge) The True Banting Diet project took about 4 years to complete.

A life-changing turning point happened for me when I calculated how fast William Banting lost his 46 lbs / 21 kgs, I learned that his weight loss was much slower than my initial weight loss had been in my failed first attempt at trying a modernised version of William’s dietary system. Dietary system’s are what diets used to be called 160 years ago, I think it’s such a brilliant way to think about the foods and drinks we put in our bodies on a daily basis.

Think about it for a few seconds, our bodies are made up of numerous systems, The Cardiovascular System, The Digestive System, The Muscular System, The Skeletal System, The Nervous System etc, don’t you think it makes sense to manage all the systems that make our bodies function, with an effective dietary system.

There were so many great terms that were used in the 1800’s that have been forgotten about, dietary system is definitely one of them, another one is ‘health and comfort’, the words ‘health and well-being’, or ‘health and wellness’ are commonly used today, but I think they kind of mean the same thing, William Banting used the words ‘health and comfort’ numerous times in his letter, e.g. *I am very much better, bodily and mentally, and pleased to believe that I hold the reins of health and comfort in my own hands...*

I’m a pretty private person, so I’m sharing this next section with sincere intentions, for most of my life I’ve felt uncomfortable just taking my shirt off in public to go for a swim, starting as a kid, into my early teens, and as an adult, even if my health markers were good, I still didn’t have comfort.



There’s been two times in my life that my weight has been in the Obese category for my height, (over 101 kgs / 222 lbs) first was in 2015, (body photo left) and the second was in 2018 (face top left).

My weight loss in 2018 that lead to starting my William Banting research, it started by accident, I lost 6 kgs / 13.2 lbs in 4 months by reducing my food spending by about \$50 a week, money was extremely tight for me at the time. To even find a 2018 photo I had to do some digging around, that 2018 face photo is a club membership card.

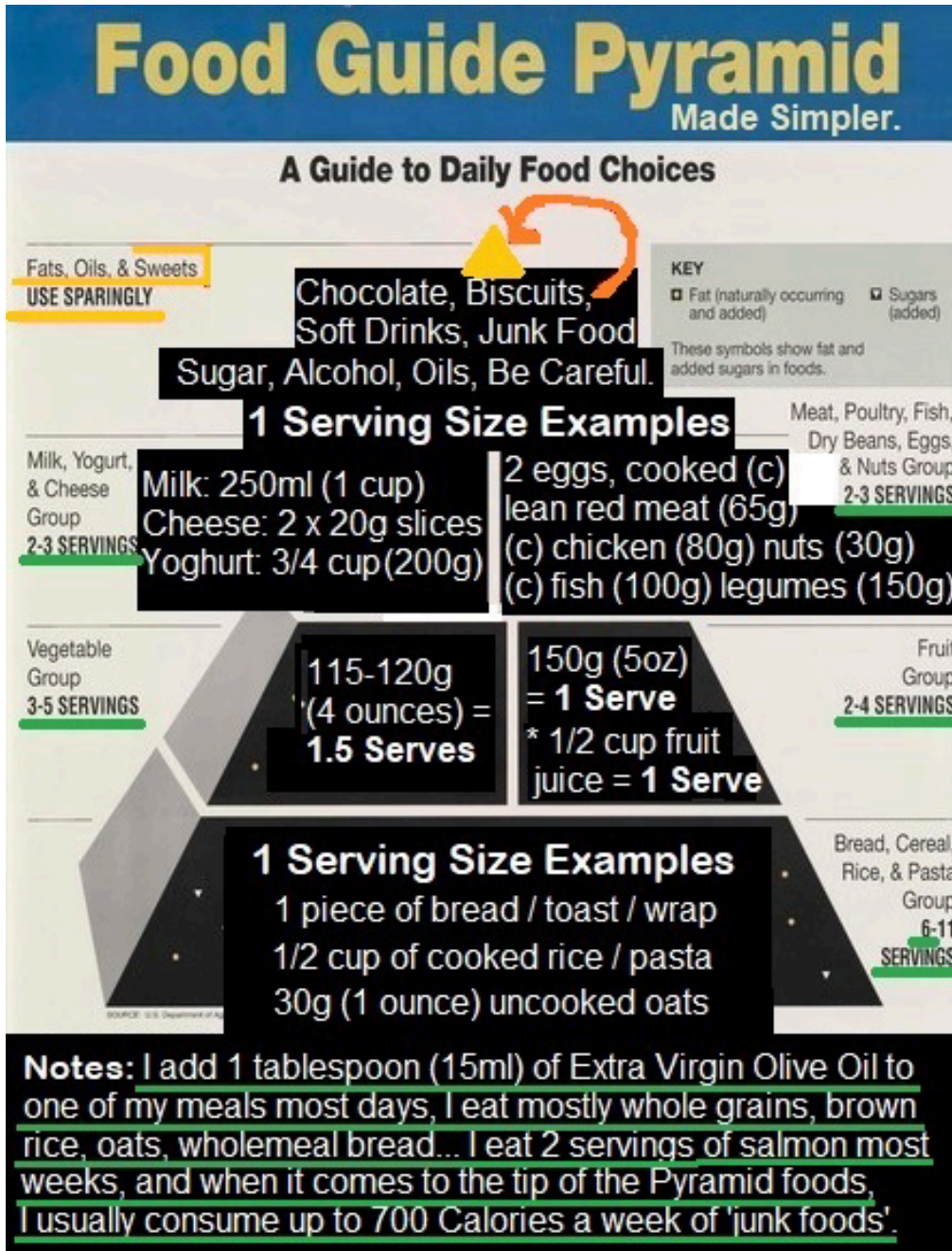


‘Comfort’ today is mostly used as a negative, e.g. ‘Don’t get too comfortable’, and ‘comfort eating’. I think the word comfort could be seen in two ways, 1: Short term comfort 2: Long term comfort. E.g. Comfort eating is short term comfort that leads to long term discomfort.

Here’s a question, have you ever carried something that weighs 20 or 40 lbs (10 or 20 kgs) or more? It can get pretty heavy. I did for years, on my body, with a fair bit of discomfort.

Improvement After Movement

Why The 'How' Is So Important



This is a simplified version of the 1992 USDA Food Guide Pyramid, (FGP) a guide that as I mentioned in my Introduction, the FGP in its original form has been slammed by many nutrition experts and the public as being a big part of the overweight / obesity problem.

I mentioned in The True Banting Diet ebook last year that one of my favourite tv shows is Mayday Air Disaster (Air Crash Investigation), I like learning how the investigators go about analysing each plane crash, with the goal of preventing it from happening again.

It's one reason why the aviation industry is one of the safest industries in the world.

Another turning point moment in my 2019 Banting dietary system research happened when I realised William Banting still ate servings of bread every day in his weight loss dietary system. William's Doctor, Dr Harvey, he famously told William to cut out 6 foods from his diet, and the first food Dr Harvey mentioned was bread.

But when you take a closer look at William's sample daily diet, William didn't cut bread out of his dietary system, he simply reduced his bread consumption, William ate 1 oz of dry toast (bread) with one or two of his daily meals, he ate one or two rusks (bread) with his afternoon tea meal too, and lastly, he also mentioned rice seeming harmless too.

This is a short summary of a much more detailed document I wrote last year, but these inclusions in William's dietary system are one reason why William's weight loss speed was slower than a lot of weight loss diets today are, like keto, but it's also why William never had a weight problem ever again, I think the starch (bread) acted as a stabilizer.

After learning that, I added wraps and rice back into my failed version one Banting dietary system, as well as increasing my fruit quantity, and had 3 straight months of:

Month 1: 3.3 lbs / 1.5 kgs weight loss

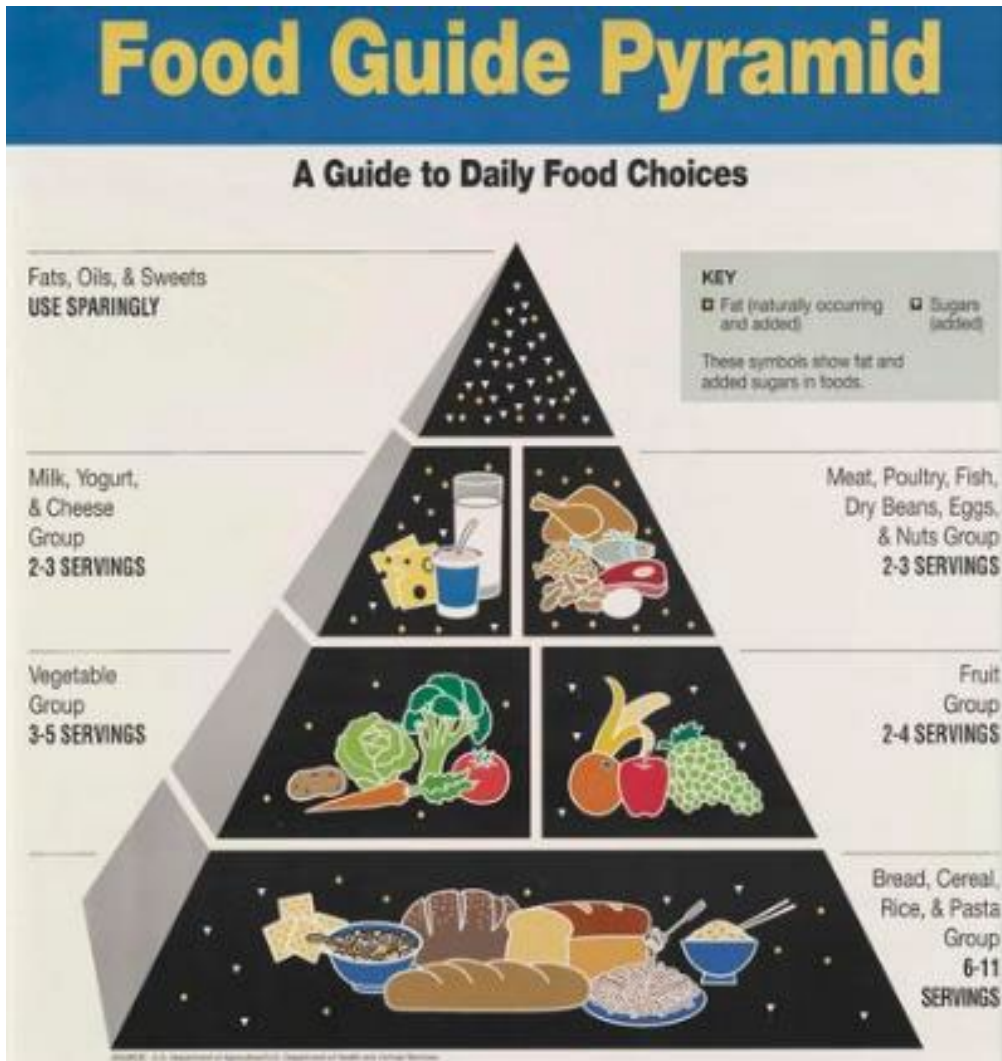
Month 2: 3.3 lbs / 1.5 kgs weight loss

Month 3: 5.5 lbs / 2.5 kgs weight loss (Completing 12 mth 33 lb / 15 kg weight loss)

That final 3 months weight loss included no exercise, it was (starch included) dietary system only weight loss. Until that experience, I didn't know that I could lose excess weight by still including starches in my diet, like rice and wraps, without exercising.

Read my Simplified Food Guide Pyramid for a minute, then we'll Air Crash Investigation it.

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Where The 1992 Food Guide Pyramid Made A Mistake

Before I write this page, I want to first say something I think is important, I don't think the Food Guide Pyramid is responsible for the Obesity epidemic, the Obesity epidemic started in 1980, that was 12 years before the creation of the Food Guide Pyramid.

I've spoken to hundreds, possibly thousands of average everyday people now about nutrition, sometimes I'll ask them, can you tell me what the five food groups are?

Not many can, I know I couldn't have named all 5 food groups before starting a Food Coaching Course in 2020.

Once we go through the grains section at the bottom of the Food Guide Pyramid, the other four food groups become so crystal clear, the FGP recommends 6-11 servings of grains, but it doesn't state what a serving size is.

I remember showing an image of the FGP to passengers in my car, some of them laughed at its recommendations saying things like, "How are we supposed to eat 6-11 servings of that?", then I explain to them that the images aren't displaying serving sizes, they're simply showing you what grain foods are, rice, pasta, bread etc, that changes everything.

This image to your right is what 6 servings of grains actually looks like, according to official USDA Food Guide Pyramid documents, it's so much less than what the images in Pyramid suggest.

So where I don't think the FGP was responsible for the Obesity epidemic starting in 1980, it wasn't successful



in its original form as an instructional guide for the general public to follow for dietary guidance, until now.

I have one simple rule that I apply to the Food Guide Pyramid, I call it the 20% Rule, the rule is, if I'm within 20% of the dietary guidance of the Food Guide Pyramid, and I'm healthy, I'm happy. For example, you're going to see that last month, in July, my weight / waistline had stalled, eating 6 – 6.5 servings a day of grains, one change I made to my dietary system was to reduce my grains to 5 – 5.5 servings a day, as well as a couple of other adjustments, then I found Banting Balance again.

6 x 20% is 1.2, I simply reduced my grains to 5 – 5.5 servings a day, it was probably a little more than that, the cup of Corn Flakes I have 6 times a week is more than 1 serving.

Improvement After Movement

Would You Make Some Changes If You Were Given Advanced Notice?



I wasn't going to include a message about my Dad in this document at one point, since I already mentioned his story in The True Banting Diet ebook, but I think there's a valuable turning point moment to be had by sharing this particular story.

This is my Dad, Syd. Dad had a heart attack and died in our kitchen/dining room, when he was 57, on March 5, 2002. As you can see from this photo, Dad was carrying a fair bit of excess weight.

The photo below Dad's plaque in the cemetery is William Banting, Dad's 3 Greats Grandfather.

You can read accurate information about William on pages 9 and 10 of The True Banting Diet.



This photo above was a disastrous plane accident that happened on March 5, 1966, it was flight 911 of the British state-owned airline at the time, BOAC. (BOAC was the UK national airline before British Airways) The accident occurred on a beautiful blue-sky day as a result of invisible mountain waves rolling off Mount Fuji, in Japan, creating deadly turbulence that took the pilots by surprise, with no way of recovering their destroyed plane.

The last words Dad said to Mum in the early hours of March 5, 2002 were, "Get me to the hospital", he then proceeded to have a massive heart attack, a loud croaking noise reawaking me up which resulted in giving Dad CPR for about 15 minutes until the Ambulance arrived, with no success. I'll remember forever the words of the Indian paramedic who put his hand on my shoulder as I was sitting beside Dad after they'd stopped working on him, the man said, "I'm sorry mate, there's nothing more we can do, he's gone".

Learning about BOAC flight 911 and that it happened on March 5, 1966, exactly 36 years to day before Dad had his heart attack and died, it lead to having a thought similar to this one, "If Dad was told on March 5, 1966, when he was 21 that he was going to have a massive heart attack and die 36 years later, when he was 57, would he make any changes to the way he lived his life?"

I like to think Dad would've, particularly if he knew back then, what I know now about how simple it is to be healthier today.

So many weight loss diets today are unsustainable for so many people who try them, there's no denying they produce weight loss, in many cases it's fast, rapid weight loss, and then the crash occurs, like an out-of-control speeding car, I call these diets 'crash diets' now.

William Banting gave us a gift in the early 1860's, decades later, Calories took centre stage and Banting was forgotten by mainstream medicine, now I've found a new scientific approach to True Banting, starting with Banting Balance, a steady, consistent weight loss speed, (and so much more). Combining Banting Balance with Calorie Awareness, I count my junk food Calories, I usually give myself up to 700 Calories a week of them, and construct my dietary system from the 1992 USDA Food Guide Pyramid, simply applying the 20% Rule to it, (minimally) to now be living with a Waist to Height (WtH) in the low 40's, 41.8% today, you'll see later on in my picture book I refer to 41.8% WtH as Q1.



Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

Reversing The Obesity Epidemic

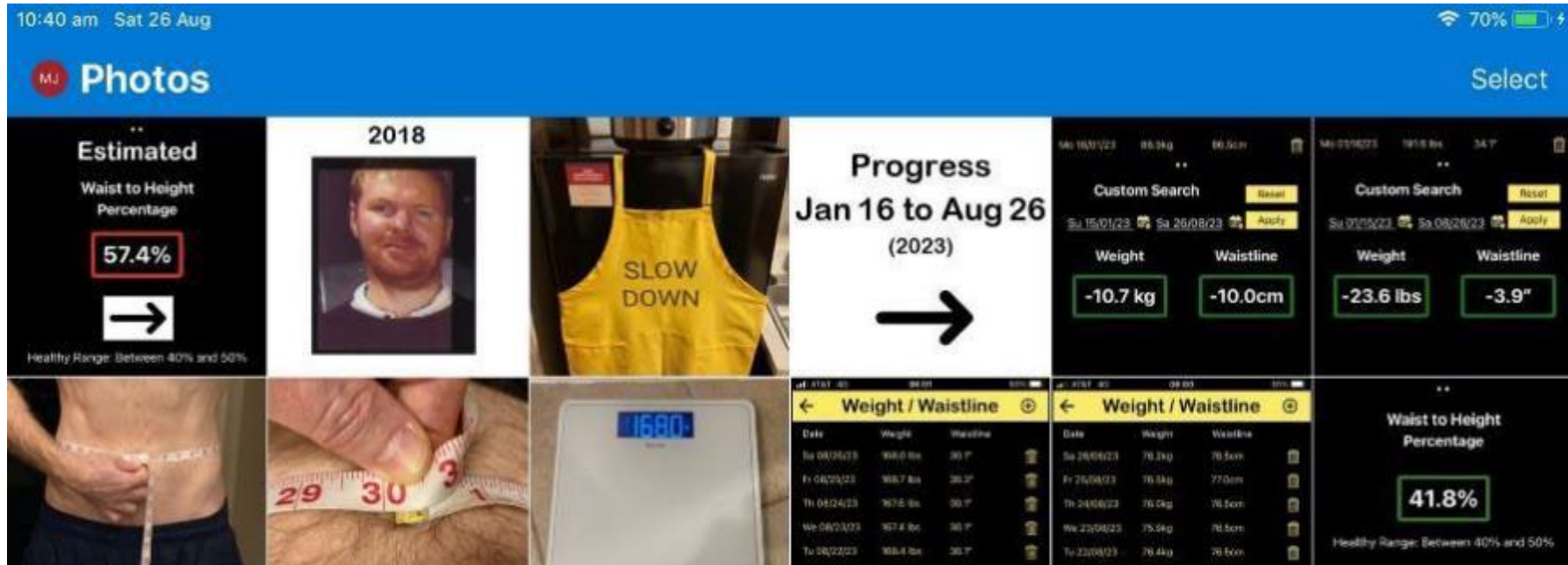


Hi Mr. President,

In 1862 both the USDA and Banting began, both have made separate efforts to reverse the excess weight / obesity problem, a combined effort could be the solution, (I own Banting.com).

I bought this Boeing 747 Pan Am Jumbo Jet earlier in the year, it's called the Clipper Unity, perhaps the legacy of the worst aviation accident in history, at Tenerife in 1977, involving the first Boeing 747 released for commercial use, the Pan Am Clipper Victor, could be used as a metaphor to change the lives of millions and millions of people around the world, for good.

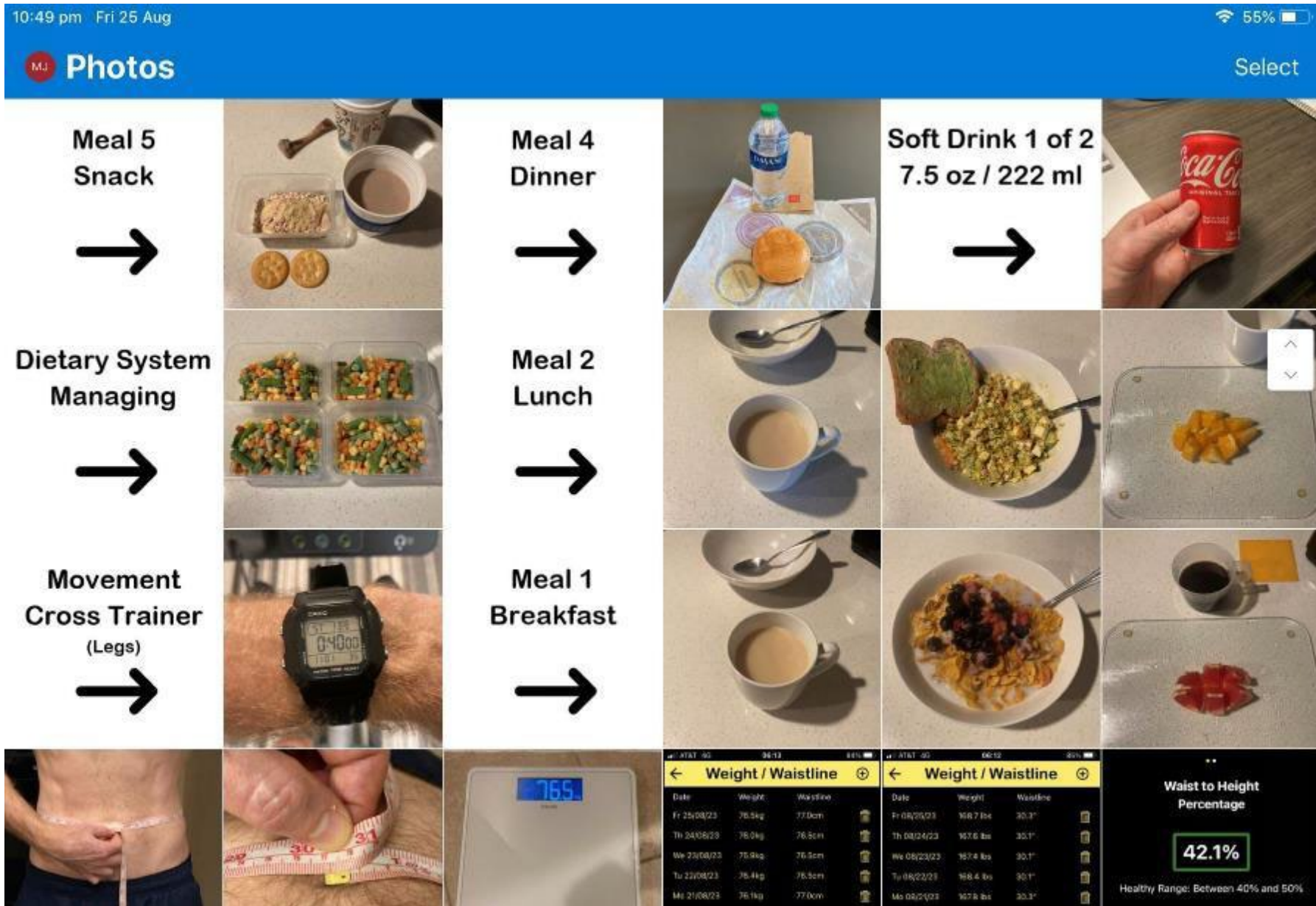
I don't think this problem can be solved without Government assistance, planning, infrastructure etc. I'm going to email this document to Today on NBC, if they think there's some merit in forwarding it to your office, I'll leave it with them to decide, sincerely, Marc.



Day / Date / Time of Measurements: Saturday, August 26th, 5.55am
 Note: My final day recording my daily measurements / taking photos of my meals / drinks over 6 mths. You don't need to take daily photos to-
 Pounds / Inches: 168 lbs / 30.1 in
 Kilograms / Centimetres: 76.2 kgs / 76.5 cm
 -lose excess weight, I did this as an experiment to see if it could be done.

Improvement After Movement

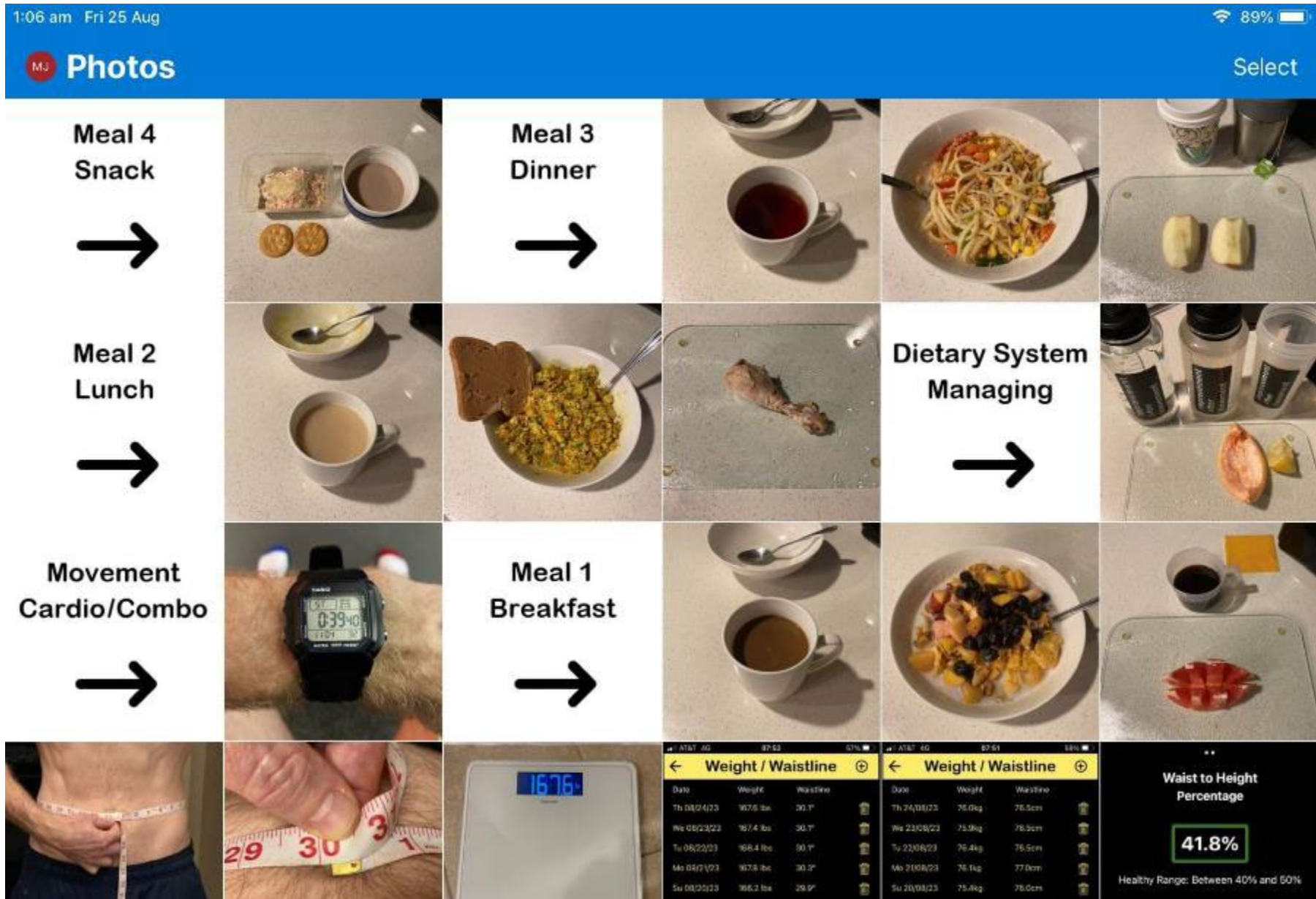
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Friday, August 25th, 6.10am
 Note: This burger for dinner tonight from McDonald's is a McDouble, the reason I'm showing it is bc this was the burger I mostly ate 1-2 x/wk-
 Pounds / Inches: 168.7 lbs / 30.3 in
 Kilograms / Centimetres: 76.5 kgs / 77 cm
 -in 2018 when my weight reduced by accident, it was a \$3 promo in Aus.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Thursday, August 24th, 7.50am
 Note: The FGP recommends 2-3 servings of Protein a day, here's a listing of my Protein part of the Pyramid for today. M1: Walnuts 15g (0.5 serve)

Pounds / Inches: 167.6 lbs / 30.1 in
 Kilograms / Centimetres: 76 kgs / 76.5 cm
 M2: 1 Chicken Drumstick + 2 Eggs (1.5 serves) M3: Salmon (1 serve) = 3

Improvement After Movement


How To Get To Q1 Waist to Height (WtH)

9:52 pm Wed 23 Aug 16% Select

MJ Photos


**Meal 5
Snack**

→




**Meal 4
Dinner**

→




**Meal 2
Lunch**

→




**Meal 1
Breakfast**

→




**Midweek
Treat**


→




**Movement
AirBike - Legs**

→







| ← Weight / Waistline | | |
|----------------------|--------|-----------|
| Date | Weight | Waistline |
| We 23/08/23 | 75.9kg | 76.5cm |
| Tu 22/08/23 | 76.4kg | 76.5cm |
| Mo 21/08/23 | 76.1kg | 77.0cm |
| Su 20/08/23 | 75.4kg | 76.5cm |
| Sa 19/08/23 | 75.8kg | 76.5cm |

| ← Weight / Waistline | | |
|----------------------|-----------|-----------|
| Date | Weight | Waistline |
| We 06/23/23 | 167.4 lbs | 30.1" |
| Tu 06/22/23 | 168.4 lbs | 30.1" |
| Mo 05/22/23 | 167.8 lbs | 30.5" |
| Su 04/23/23 | 168.2 lbs | 29.9" |
| Sa 04/19/23 | 167.1 lbs | 30.1" |

**Waist to Height
Percentage**

41.8%

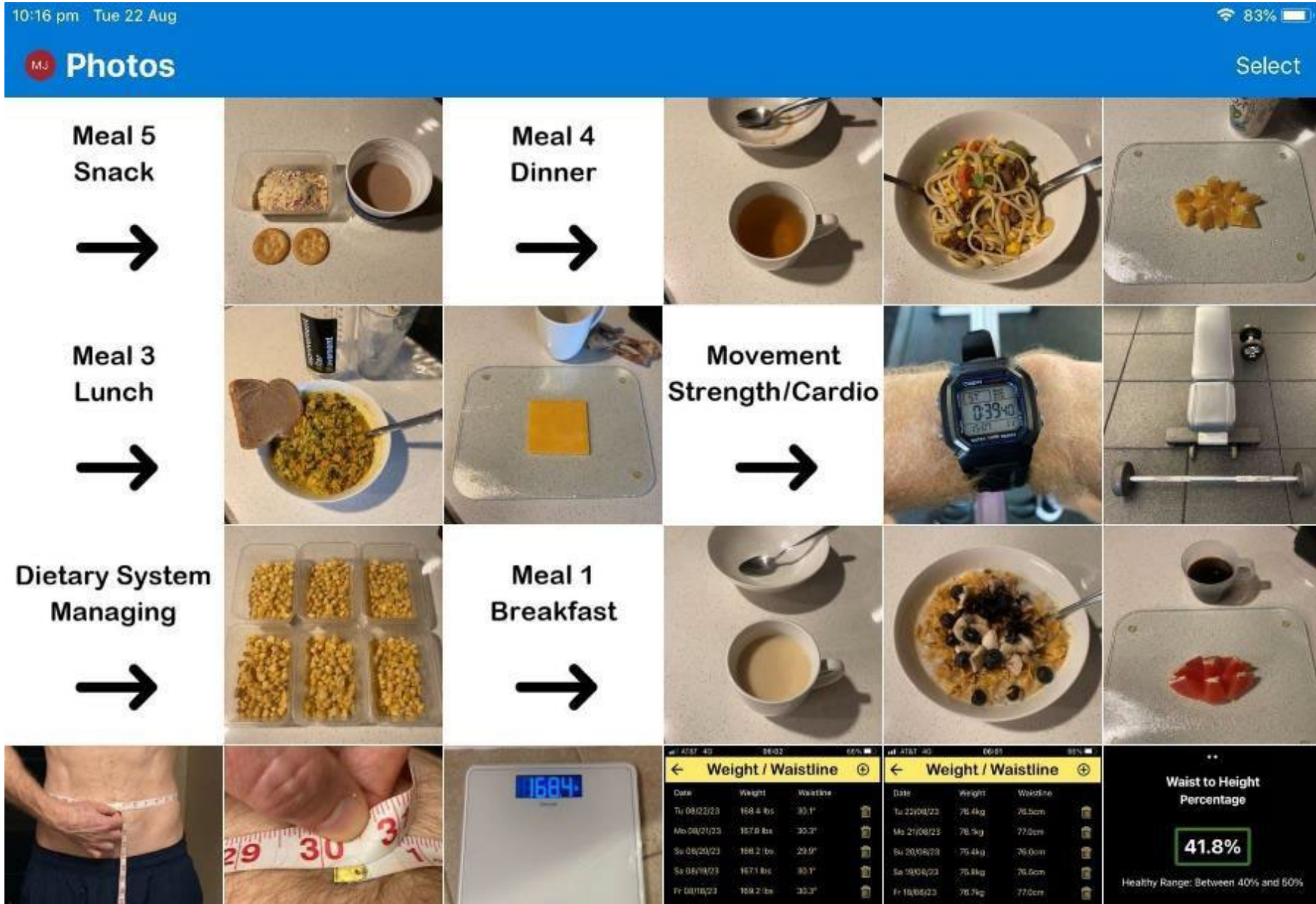
Healthy Range: Between 40% and 50%

Day / Date / Time of Measurements: Wednesday, August 23rd, 5.55am
 Note: It's taken until my 2nd wk in New York to find a similar Midweek Treat to my usual Paddle Pop, and it's a Small Frozen Coke from McD's-

Pounds / Inches: 167.4 lbs / 30.1 in
 Kilograms / Centimetres: 75.9 kgs / 76.5 cm
 -A Paddle Pop is around 90 Cals, and a Small Frozen Coke is 100 Cals.

Improvement After Movement

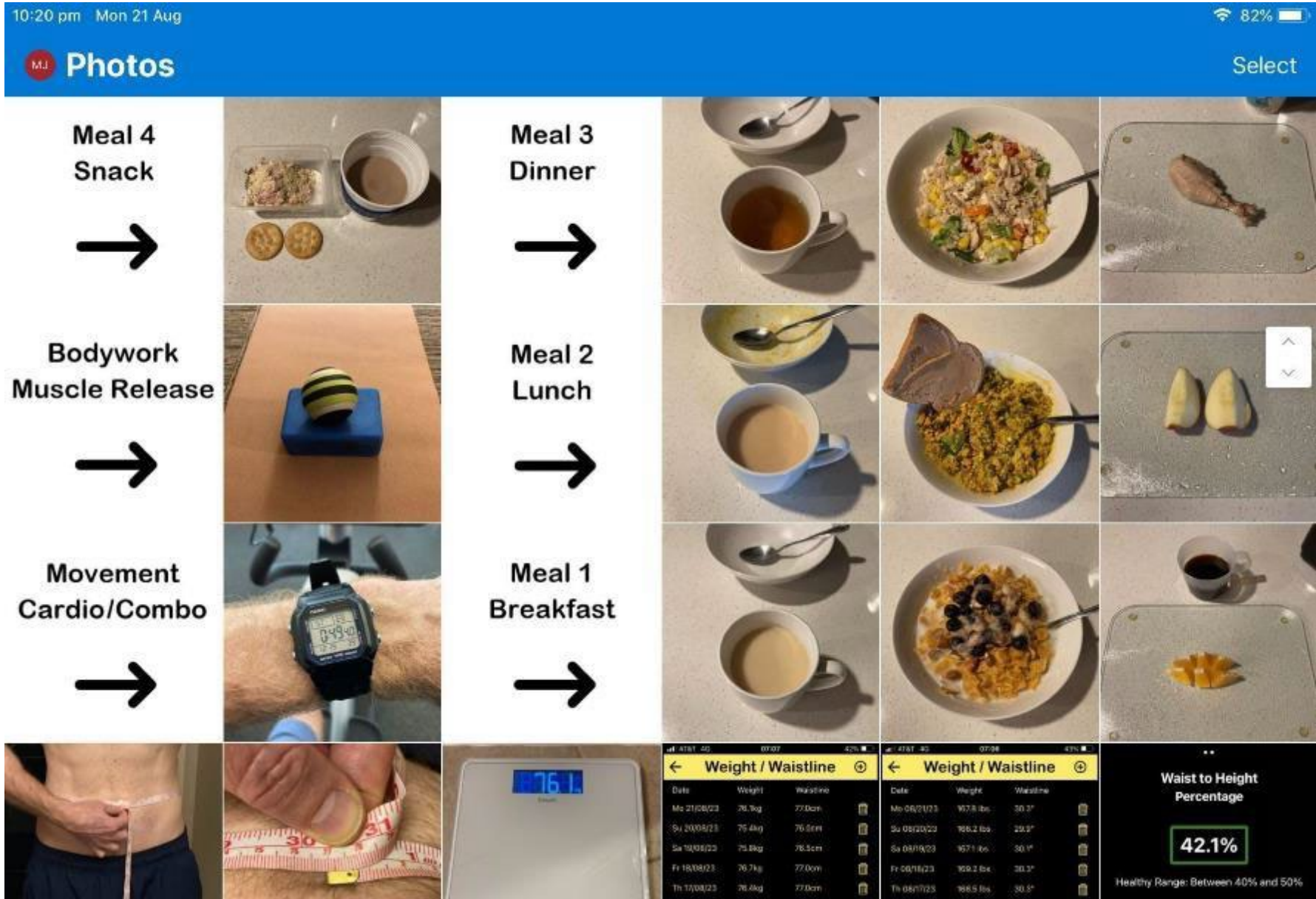
How To Get To Q1 Waist to Height (WtH)



| | |
|---|---|
| Day / Date / Time of Measurements: Tuesday, August 22 nd , 6am | Pounds / Inches: 168.4 lbs / 30.1 in |
| Note: 75 - 85 g is one serving of veg in the FGP, here's how I manage my frozen veg dietary system, 454 g bag / 75 = 6 Containers. \$2.99 USD / 6 = 50c / Serving. Also, I dropped the extra 10 minutes cardio, didn't like it. | Kilograms / Centimetres: 76.4 kgs / 76.5 cm |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

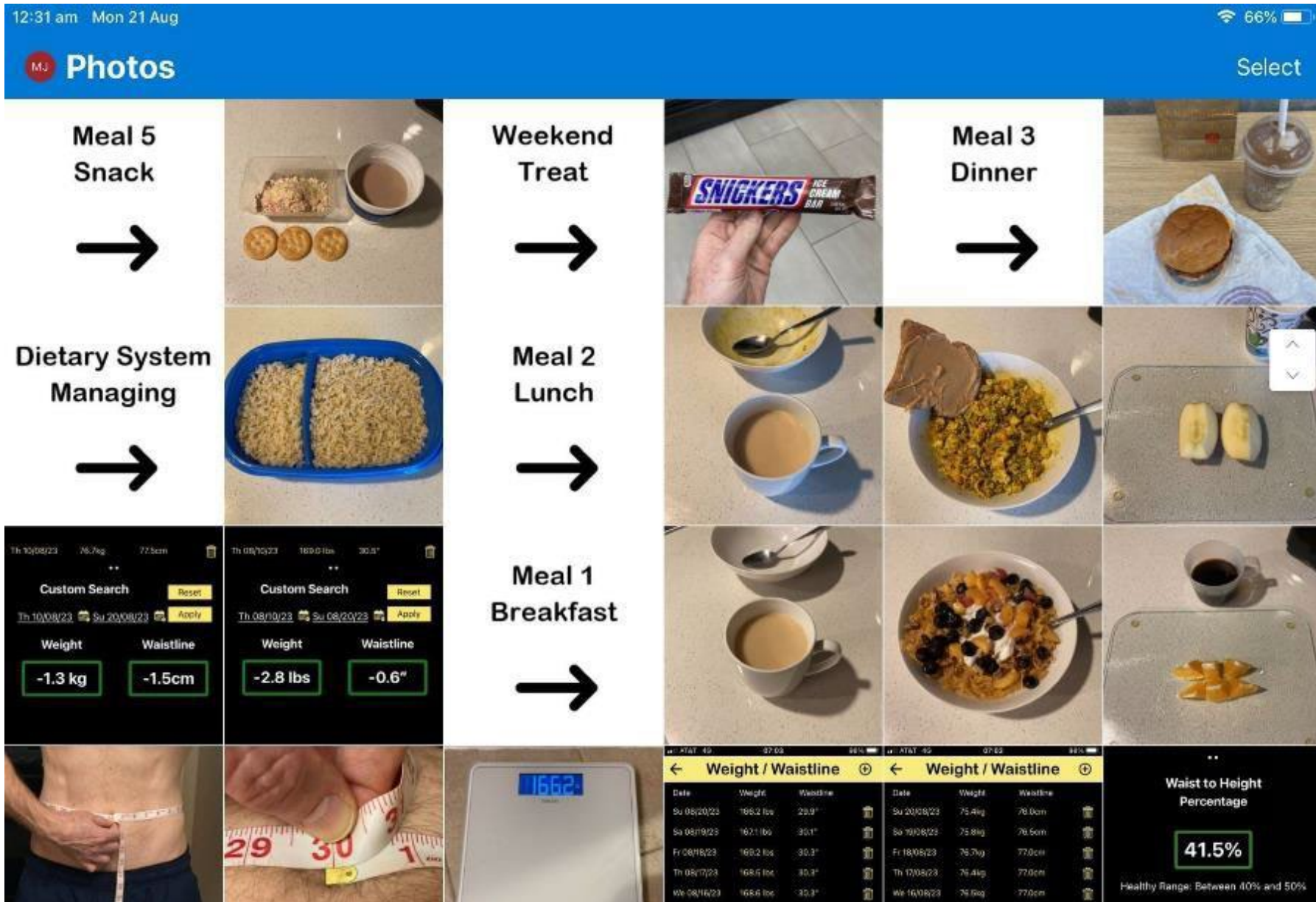


Day / Date / Time of Measurements: Monday, August 21st, 7.05am
 Note: It'd be misleading to show yesterday's loose day eating/drinking photos and not mention I only had 3-4 hours sleep last night, I find for-

Pounds / Inches: 167.8 lbs / 30.3 in
 Kilograms / Centimetres: 76.1 kgs / 77 cm
 -every 2 hrs sleep I miss, my waist is 0.2 in / 0.5 cm wider the next day.

Improvement After Movement

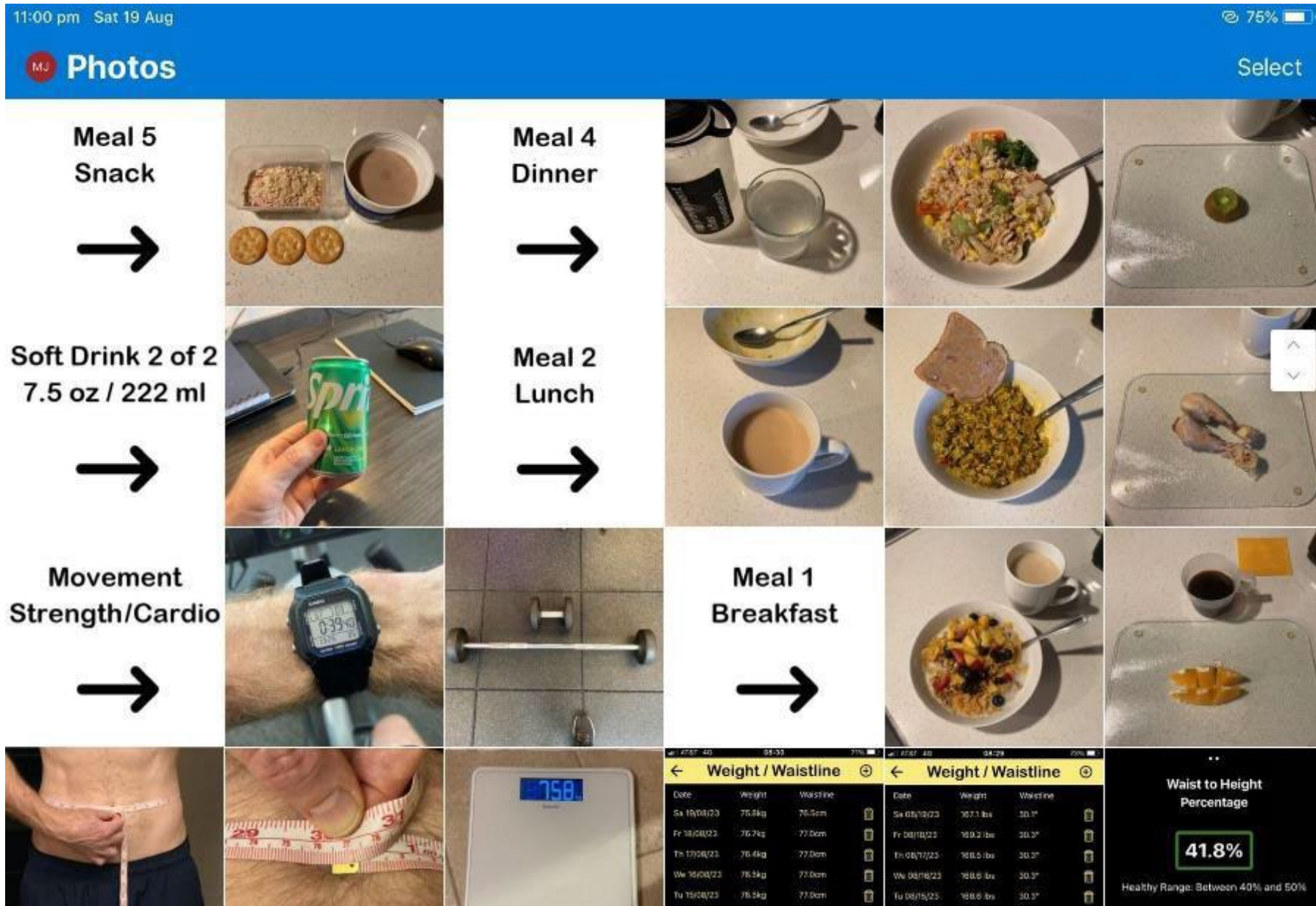
How To Get To Q1 Waist to Height (WtH)



| | |
|---|--|
| Day / Date / Time of Measurements: Sunday, August 20 th , 7am | Pounds / Inches: 166.2 lbs / 29.9 in |
| Note: A loose day today, my standard Sunday starts with 2.5 oz Corn Flakes, instead of 1.5 oz Quick Oats + 1 cup Corn Flakes, (and 2 x Yogurt). | Kilograms / Centimetres: 75.4 kgs / 76 cm |
| | Dinner+WT: McDouble 400 Cals, Frozen Coke 100 Cals, Snickers 250 Cals. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Saturday, August 19th, 8.30am
 Note: First day in the 41's Waist to Height %, also first day adding a spread to my piece of toast in Meal 2, peanut butter, tasted pretty good.

Pounds / Inches: 167.1 lbs / 30.1 in
 Kilograms / Centimetres: 75.8 kgs / 76.5 cm
 Extra Note: M4 main so quick and easy to put together, tasted great too.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

10:48 pm Fri 18 Aug 62%

MJ Photos Select

Meal 5
Snack

Meal 4
Dinner

Soft Drink 1 of 2
7.5 oz / 222 ml

Meal 2
Lunch

Dietary System
Managing

Movement
Cardio/Combo

Meal 1
Breakfast

| ← Weight / Waistline | | | ← Weight / Waistline | | |
|----------------------|-----------|-----------|----------------------|--------|-----------|
| Date | Weight | Waistline | Date | Weight | Waistline |
| Fr 08/18/23 | 169.2 lbs | 30.3" | Fr 10/05/23 | 76.7kg | 77.0cm |
| Th 08/17/23 | 168.5 lbs | 30.3" | Th 10/04/23 | 76.4kg | 77.0cm |
| We 08/16/23 | 168.6 lbs | 30.3" | We 10/03/23 | 76.5kg | 77.0cm |
| Tu 08/15/23 | 168.6 lbs | 30.3" | Tu 10/02/23 | 76.5kg | 77.0cm |
| Mo 08/14/23 | 168.4 lbs | 30.3" | Mo 10/01/23 | 76.4kg | 77.0cm |

**Waist to Height
Percentage**

42.1%

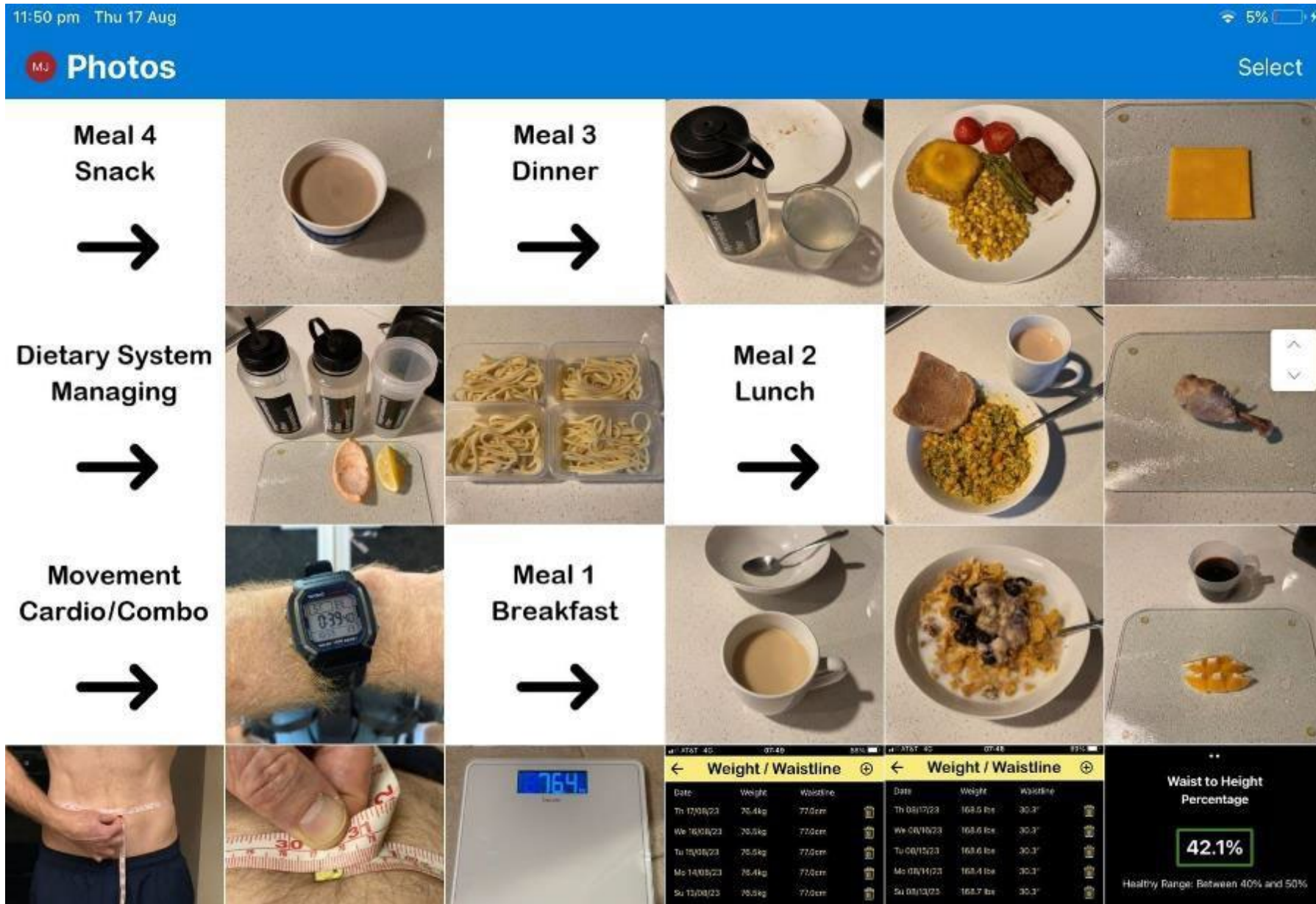
Healthy Range: Between 40% and 50%

Day / Date / Time of Measurements: Friday, August 18th, 6.20am
 Note: Decided to up my cardio by just 10 minutes to what I have been doing, this should be 49:40, finished with arms 1:40 and missed ending.

Pounds / Inches: 169.2 lbs / 30.3 in
 Kilograms / Centimetres: 76.7 kgs / 77 cm
 Extra note: Lot more walking in NY, walk to gym, shops, did both today, +.

Improvement After Movement

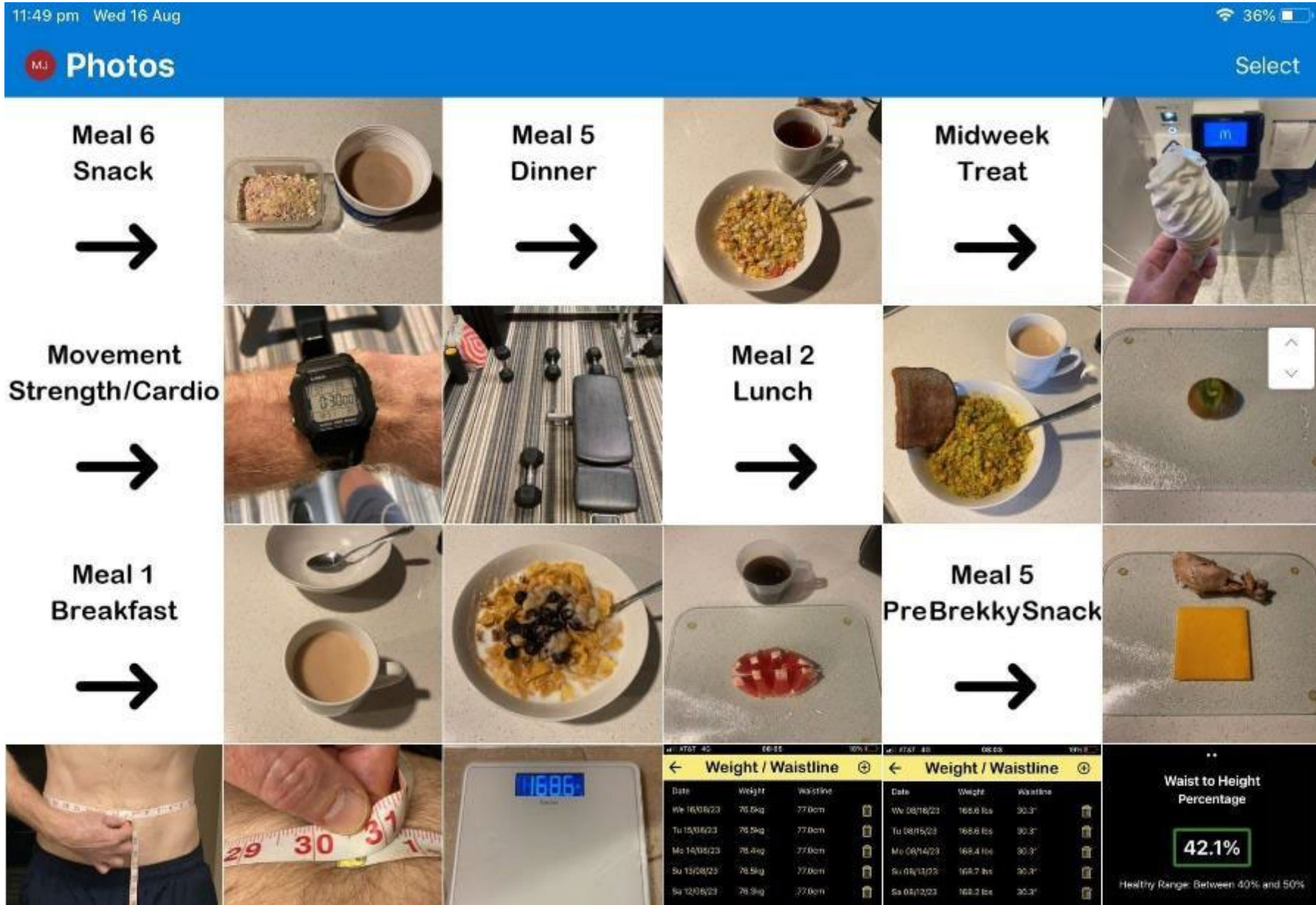
How To Get To Q1 Waist to Height (WtH)



| | |
|--|--|
| Day / Date / Time of Measurements: Thursday, August 17 th , 7.45am | Pounds / Inches: 168.5 lbs / 30.3 in |
| Note: First day eating a piece of steak as my red meat, red meat always been in wrap mixes, cheese added to toast late inclusion, had no spread. | Kilograms / Centimetres: 76.4 kgs / 77 cm |
| | Extra Note: First day at Crunch gym, about 10 min walk from apartment. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Wednesday, August 16th, 8am
 Note: Would've happily paid same amount of money at McDonald's for a smaller sized soft serve, lot smaller serving size in Australia McD's.

Pounds / Inches: 168.6 lbs / 30.3 in
 Kilograms / Centimetres: 76.5 kgs / 77 cm
 Extra Note: First US strength session, in apartment building small gym.


Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

10:28 pm Tue 15 Aug 10% 100% Select


MJ Photos

Meal 4 Snack




→

Meal 3 Dinner




→

Dietary System New York Setup




→

Meal 2 Lunch




→

Meal 1 Breakfast



→

Meal 5 Last Night Snack





→

Waist to Height Percentage

42.1%

Healthy Range: Between 40% and 50%

| ← Weight / Waistline | | | ← Weight / Waistline | | |
|----------------------|-----------|-----------|----------------------|--------|-----------|
| Date | Weight | Waistline | Date | Weight | Waistline |
| Tu 08/15/23 | 168.7 lbs | 30.3" | Tu 15/08/23 | 76.5kg | 77.0cm |
| Mo 08/14/23 | 168.4 lbs | 30.3" | Mo 14/08/23 | 76.4kg | 77.0cm |
| Su 08/13/23 | 168.7 lbs | 30.3" | Su 13/08/23 | 76.5kg | 77.0cm |
| Sa 08/12/23 | 168.2 lbs | 30.3" | Sa 12/08/23 | 76.3kg | 77.0cm |
| Fr 08/11/23 | 168.5 lbs | 30.3" | Fr 11/08/23 | 76.4kg | 77.0cm |

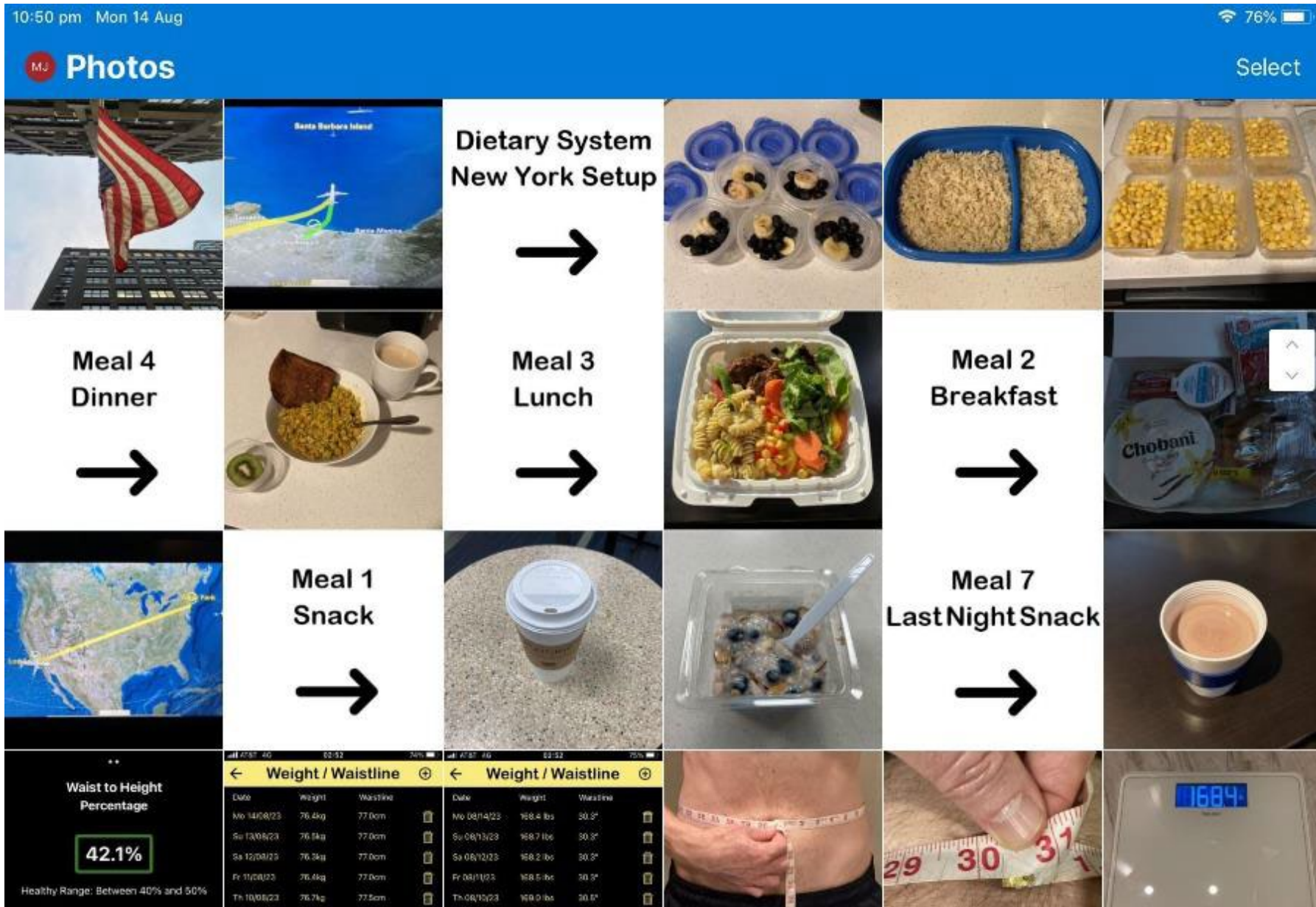




Day / Date / Time of Measurements: Tuesday, August 15th, 8.40am
 Note: Day 2 Dietary System setup in New York, after Food Emp shop, walked to Target, bought slow cooker & kettle, sell groceries there too.

Pounds / Inches: 168.7 lbs / 30.3 in
 Kilograms / Centimetres: 76.5 kgs / 77 cm
 Extra Note: No exercise logged today or y'day, done with shop and carry.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



| | |
|--|--|
| Day / Date / Time of Measurements: Monday, August 14 th , 2.50am | Pounds / Inches: 168.4 lbs / 30.3 in |
| Note: Early LA > NY flight this morning, then Day 1 Dietary System setup, added take off in opposite direction to NY as way to explain setting up- | Kilograms / Centimetres: 76.4 kgs / 77 cm |
| | -a system, usually you take 1,2,3 steps back, to go far further forward. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

9:27 pm Sun 13 Aug 27% Select

MJ Photos

**Meal 6
Dinner**

→

**Meal 5
Dinner**

→

**Meal 4
Snack**

→

**Meal 3
Lunch**

→

**Soft Drink 2 of 2
250ml / 8.5oz**

→

**Meal 1
Breakfast**

→

Waist to Height Percentage

42.1%

Healthy Range: Between 40% and 50%

| Date | Weight | Waistline |
|-------------|-----------|-----------|
| Su 08/13/23 | 168.7 lbs | 30.3" |
| Sa 08/12/23 | 168.2 lbs | 30.3" |
| Fr 08/11/23 | 168.5 lbs | 30.3" |
| Th 08/10/23 | 169.0 lbs | 30.5" |
| We 08/09/23 | 169.3 lbs | 30.5" |

| Date | Weight | Waistline |
|-------------|--------|-----------|
| Su 13/05/23 | 76.7kg | 77.0cm |
| Sa 12/04/23 | 76.3kg | 77.0cm |
| Fr 11/03/23 | 76.4kg | 77.0cm |
| Th 10/02/23 | 76.7kg | 77.5cm |
| We 09/01/23 | 76.8kg | 77.5cm |

Day / Date / Time of Measurements: Sunday, August 13th, 8am
 Note: US adventure begins, Brisbane > Los Angeles, (LA) > New York.
 Longer than 24 hour Sunday, resulting in two dinners. Two other very-

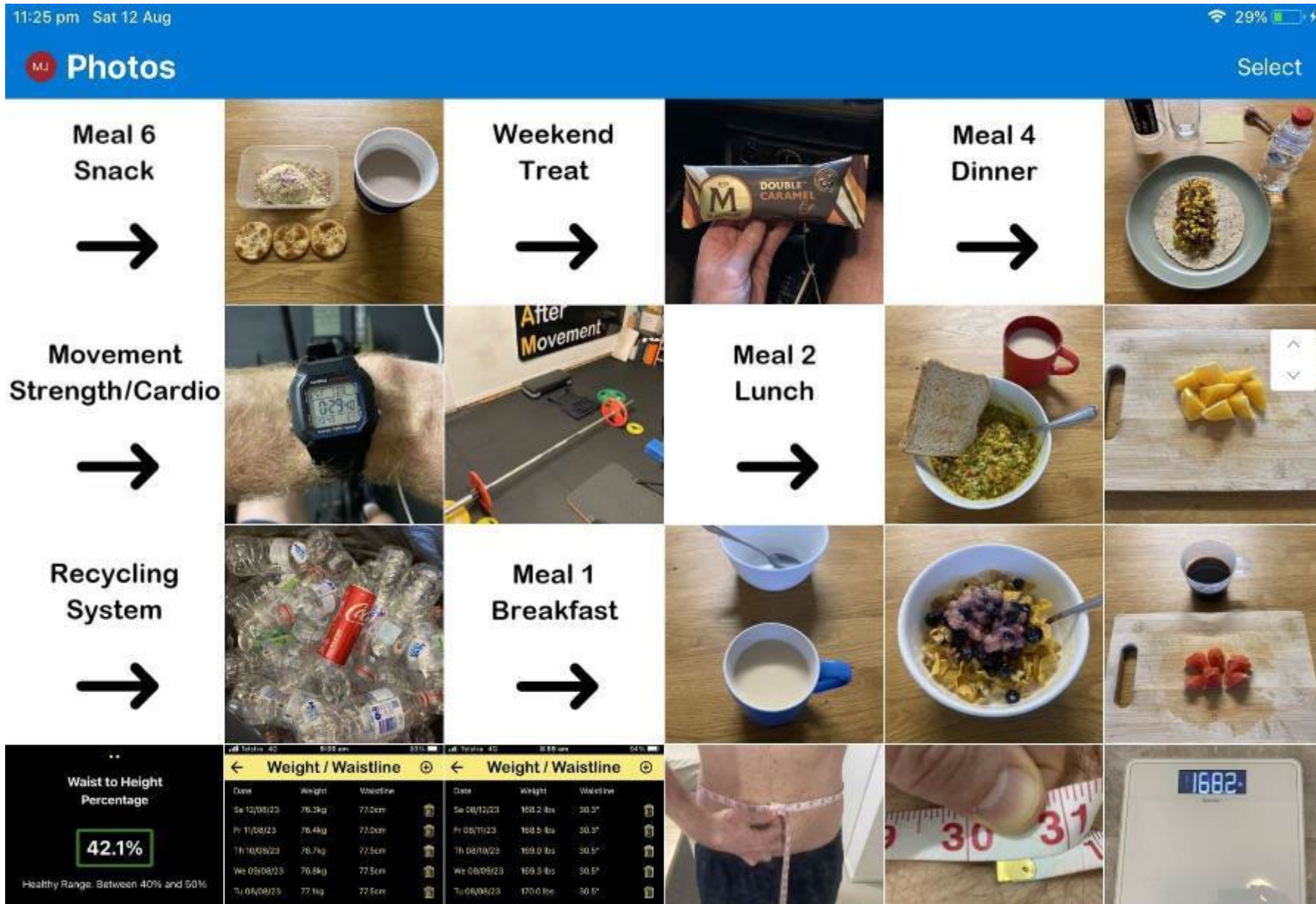
Pounds / Inches: 168.7 lbs / 30.3 in
 Kilograms / Centimetres: 76.5 kgs / 77 cm
 -small snacks on flight, (no photos) sliced apple and 1/3 sausage roll.

Improvement After Movement

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How To Get To Q1 Waist to Height (WtH)

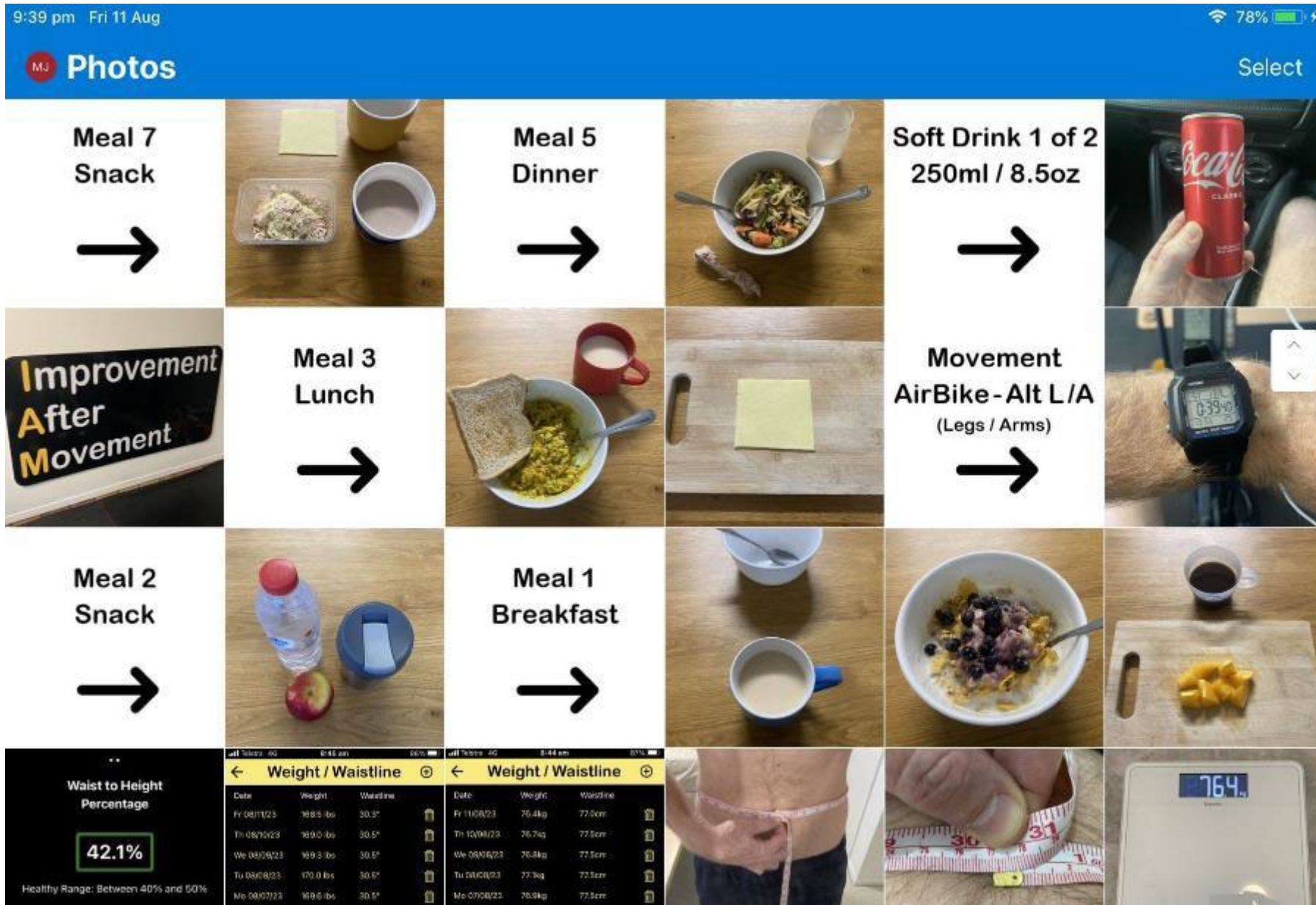


Day / Date / Time of Measurements: Saturday, August 12th, 8.55am
 Note: I'm probably not going to continue buying water bottles anymore, but I think this picture book will give you some idea of the amounts of-

Pounds / Inches: 168.2 lbs / 30.3 in
 Kilograms / Centimetres: 76.3 kgs / 77 cm
 -water I've consumed compared to the very small amount of soft drink.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Friday, August 11th, 8.40am

Note: Had this thought today, 'Make Health One of Your Hobbies'.

I look forward to my small cans of soft drink and ice-creams each week,-

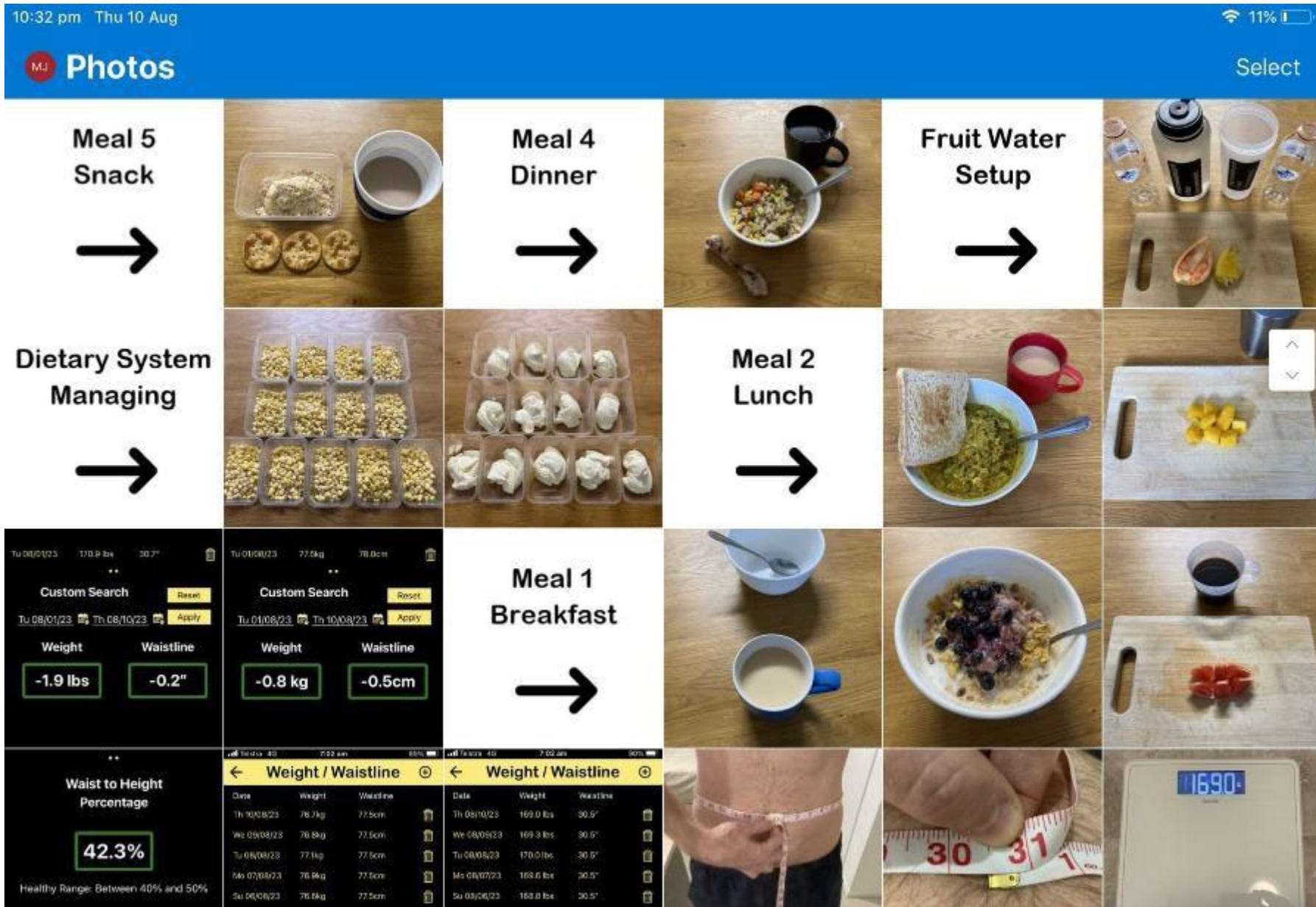
Pounds / Inches: 168.5 lbs / 30.3 in

Kilograms / Centimetres: 76.4 kgs / 77 cm

-they usually amount to up to 700 Cals / 2,940 Kjs each week.

Improvement After Movement

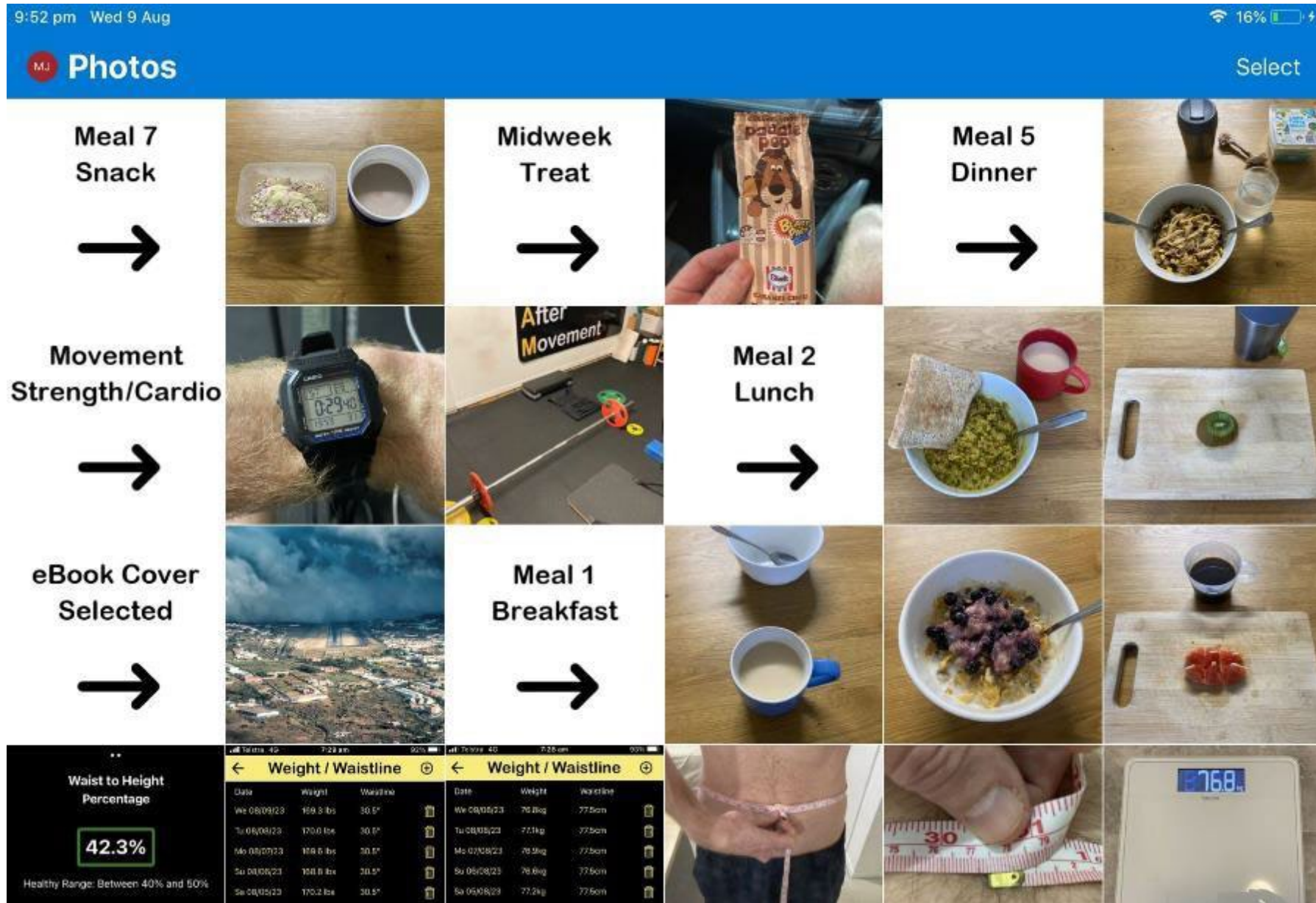
How To Get To Q1 Waist to Height (WtH)



| | | |
|--|--------------------------|--------------------|
| Day / Date / Time of Measurements: Thursday, August 10 th , 7am | Pounds / Inches: | 169 lbs / 30.5 in |
| Note: 10 Day Target #4 Reached: 0.2 in / 0.5 cm reduced by August 10 th . | Kilograms / Centimetres: | 76.7 kgs / 77.5 cm |
| No documented exercise but there was 22 minutes walking to / from- | -shopping centre. | |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

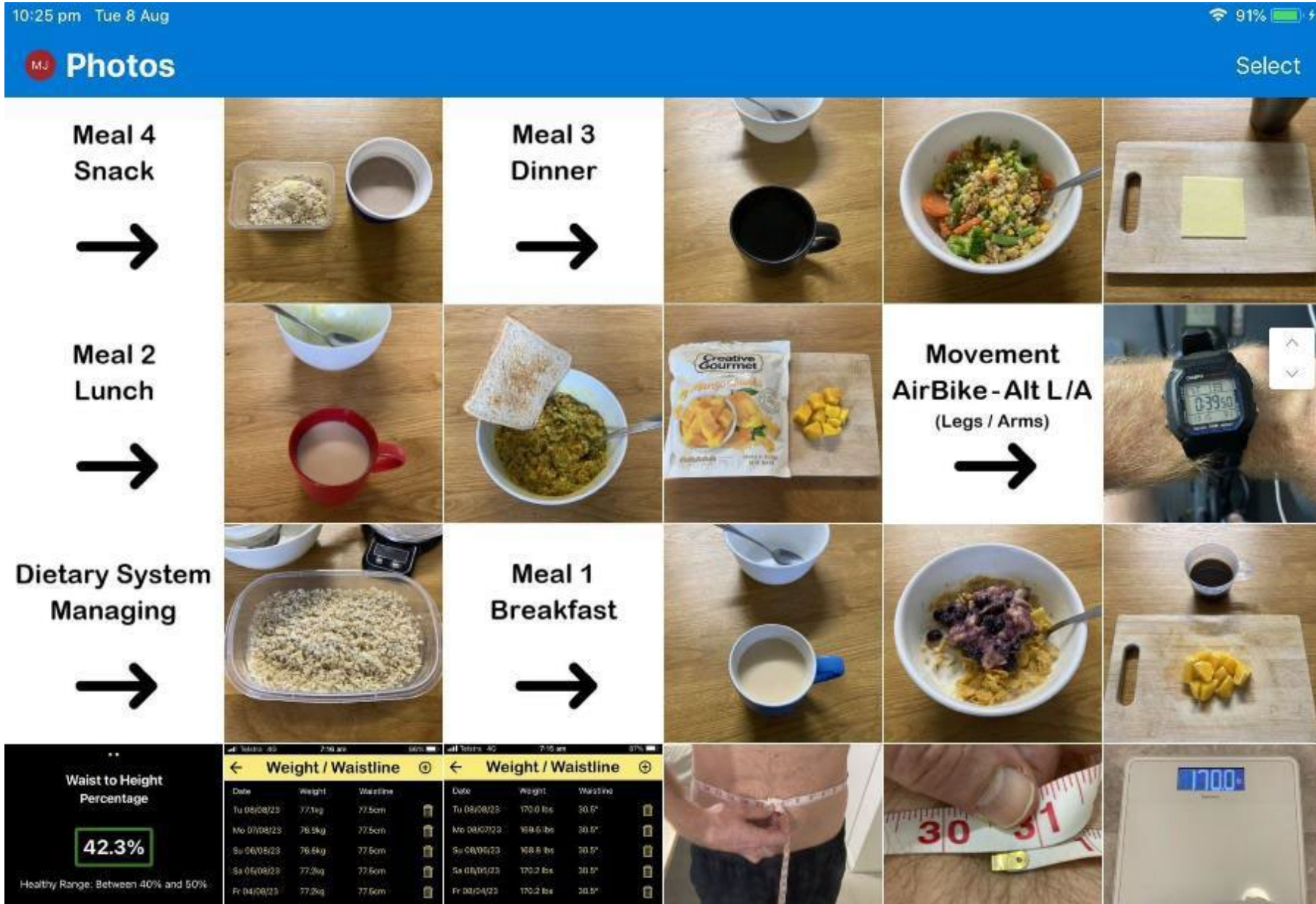


Day / Date / Time of Measurements: Wednesday, August 9th, 7.25am
 Note: Did 3 waistline measurement readings today. If possible, find markers on your body for consistent readings, I've had the same-

Pounds / Inches: 169.3 lbs / 30.5 in
 Kilograms / Centimetres: 76.8 kgs / 77.5 cm
 -breathing process for over a year, only today lined up markers on body.

Improvement After Movement

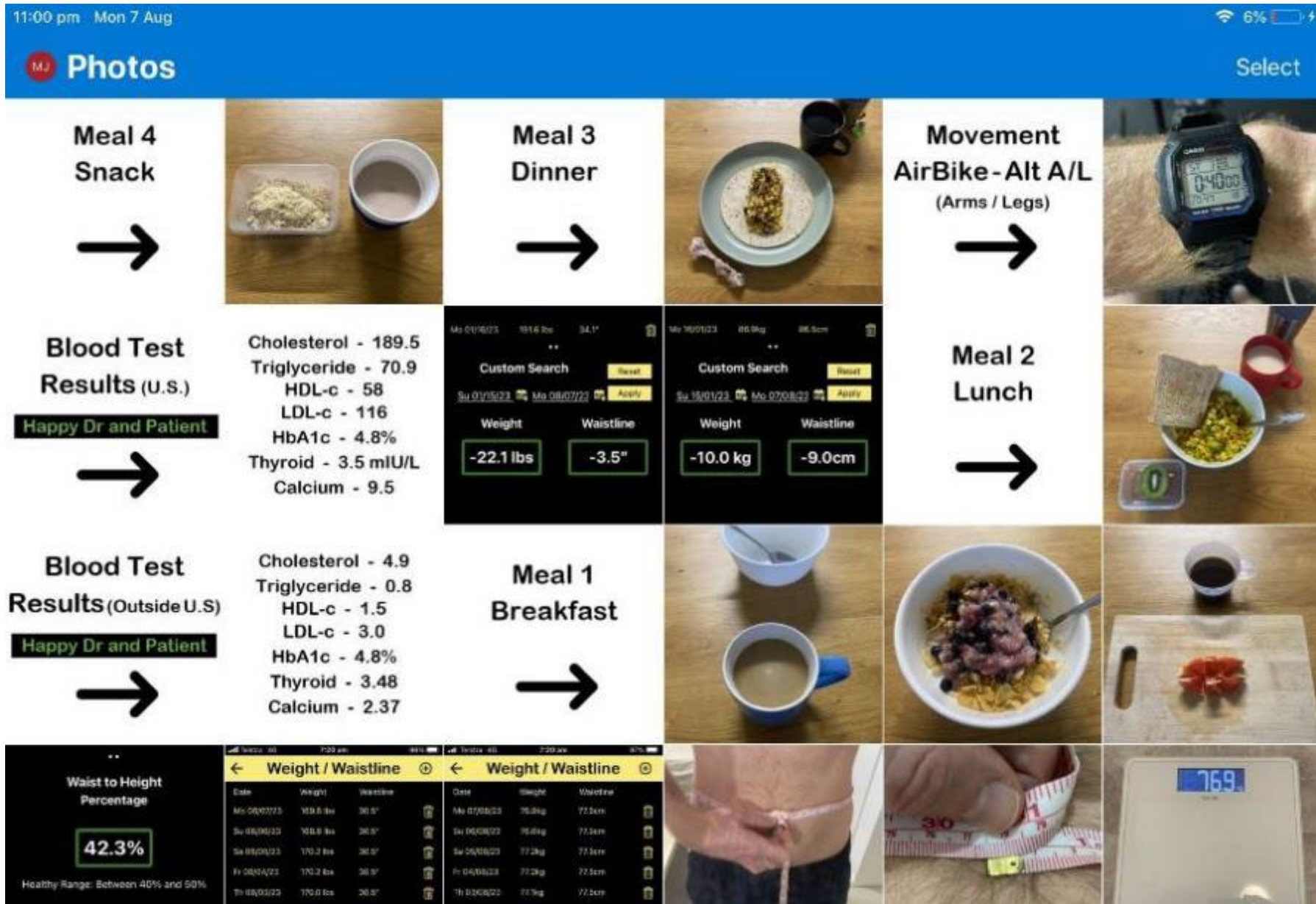
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Tuesday, August 8th, 7.10am
 Note: First day adding Frozen Mango pieces to my dietary system, that's the beauty of building your own dietary system, once your structure's-
 Pounds / Inches: 170 lbs / 30.5 in
 Kilograms / Centimetres: 77.1 kgs / 77.5 cm
 -setup, you can rotate in new/old foods, in a balanced, healthier way.

Improvement After Movement

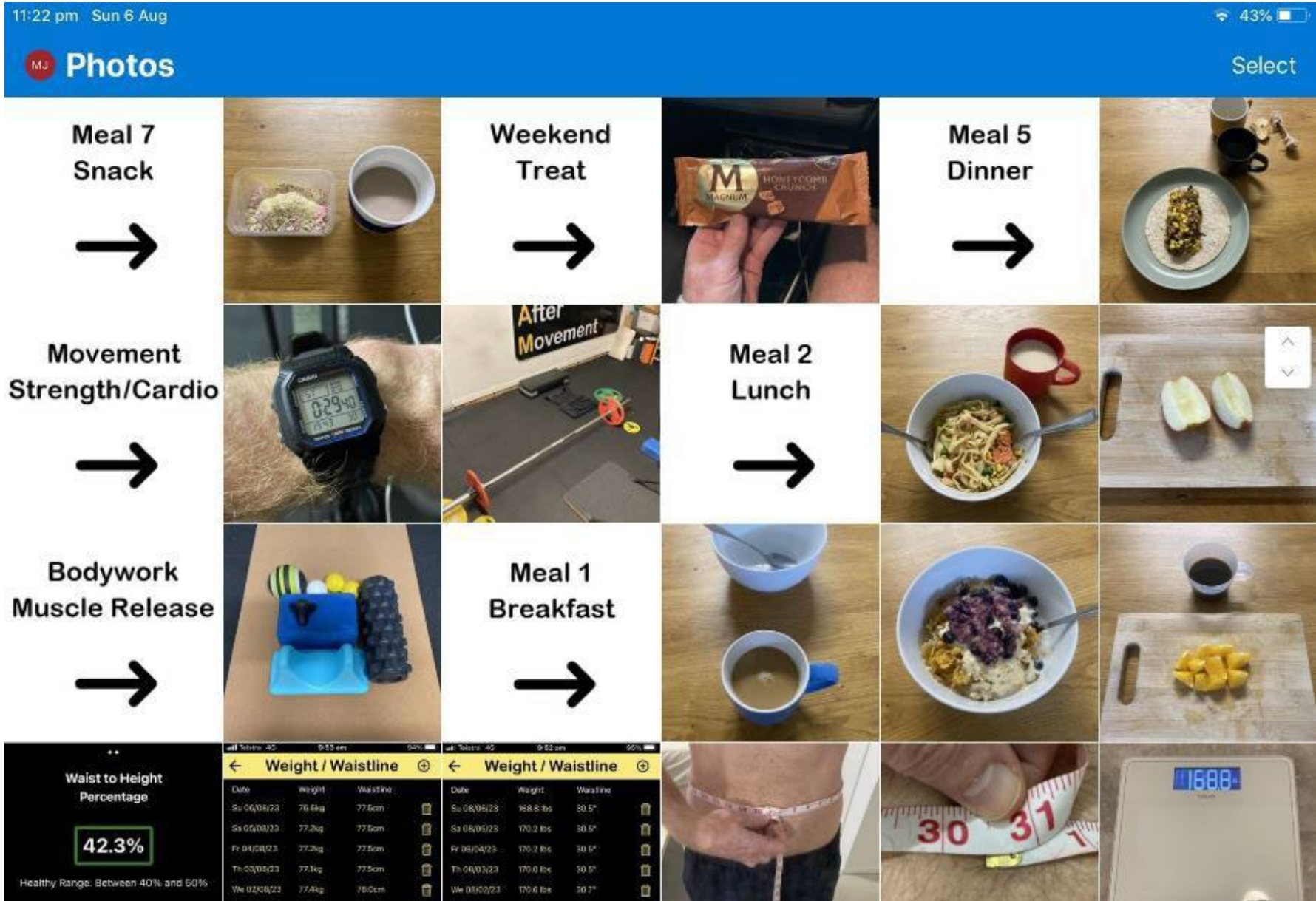
How To Get To Q1 Waist to Height (WtH)



| | |
|---|---|
| Day / Date / Time of Measurements: Monday, August 7 th , 7.20am | Pounds / Inches: 169.6 lbs / 30.5 in |
| Note: Met with my Doctor to learn the results of my blood test, was first time I showed him my Banting docs, and Weight / Waistline app screen. | Kilograms / Centimetres: 76.9 kgs / 77.5 cm |
| | Custom Search Note: Estimated 1kg / 2.2 lbs muscle loss since Jan 16. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

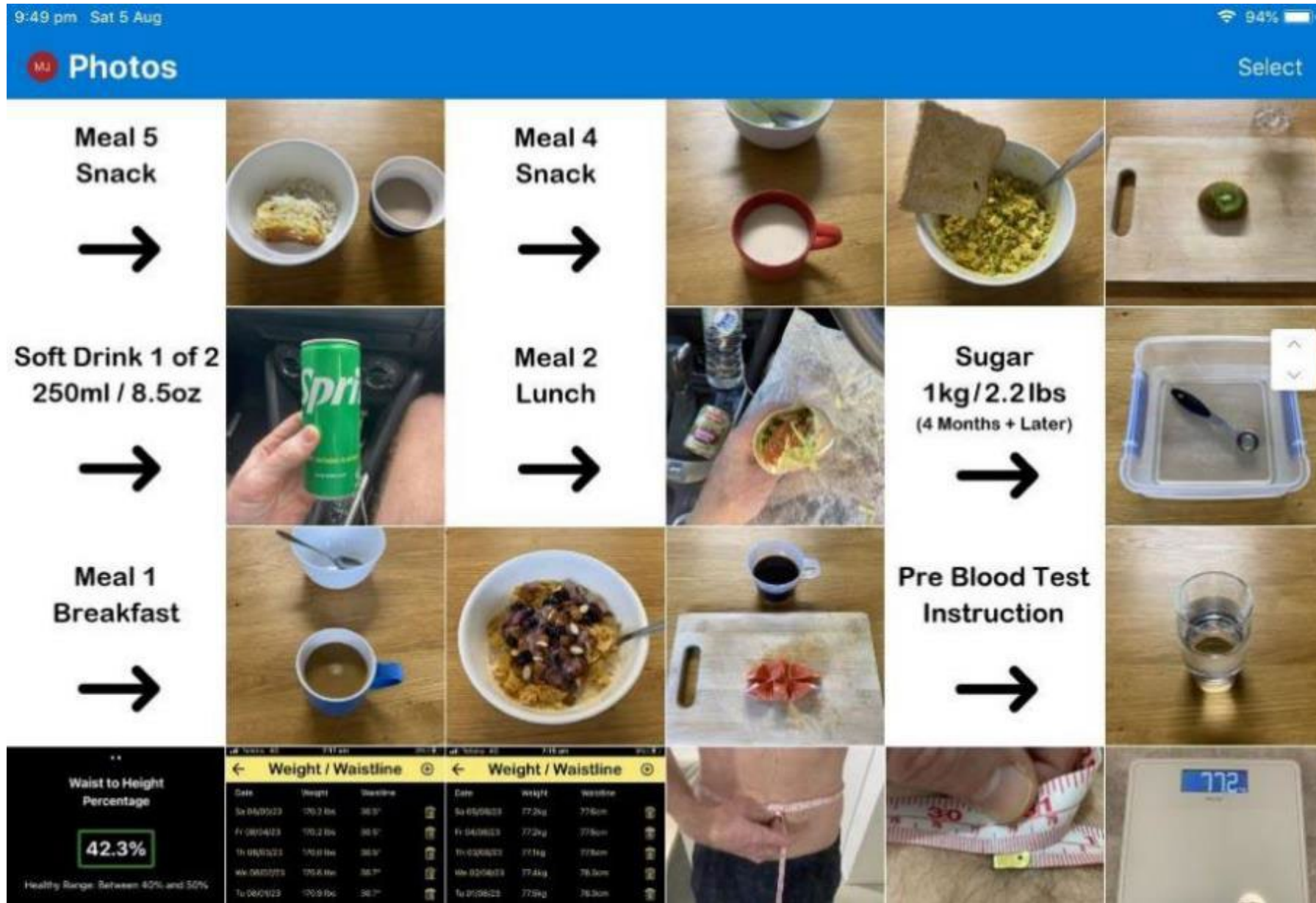


Day / Date / Time of Measurements: Sunday, August 6th, 9.50am
 Note: No second can of soft drink this week, I didn't feel like having one before the end of the week tonight, not going to force myself to-

Pounds / Inches: 168.8 lbs / 30.5 in
 Kilograms / Centimetres: 76.6 kgs / 77.5 cm
 -consume "junk food" if I don't feel like it.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Saturday, August 5th, 7.15am

Note: It was completely by coincidence that my 1kg / 2.2 lbs of sugar ran out during my Meal 1 Breakfast, which was immediately after having-

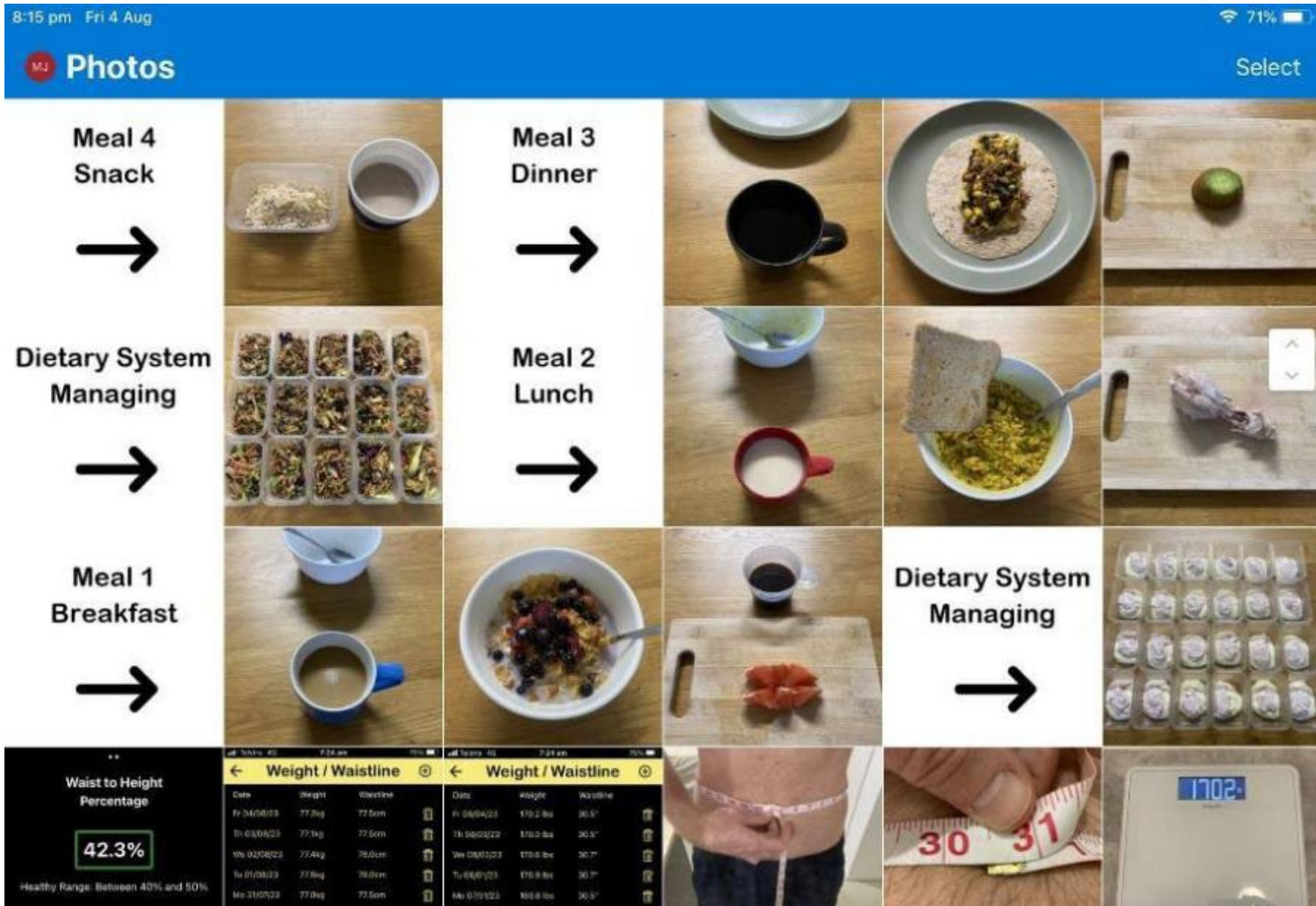
Pounds / Inches: 170.2 lbs / 30.5 in

Kilograms / Centimetres: 77.2 / 77.5 cm

-my blood test this morning, see sugar bought photo, March 31st.

Improvement After Movement

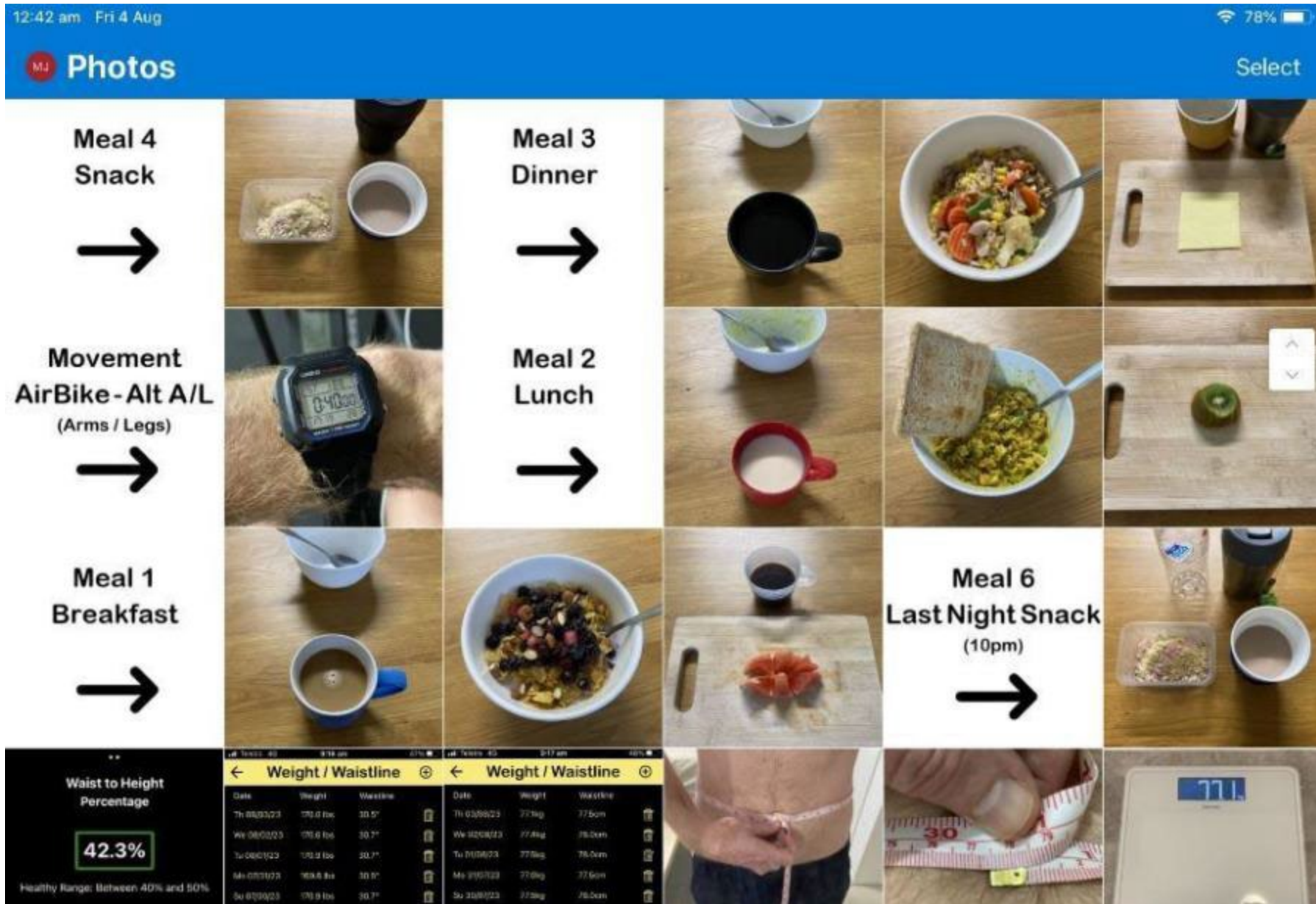
How To Get To Q1 Waist to Height (WtH)



| | |
|---|--|
| Day / Date / Time of Measurements: Friday, August 4 th , 7.20am | Pounds / Inches: 170.2 lbs / 30.5 in |
| Note: See the yoghurt photo on the second row above weight scales, this yoghurt combo I mix in with my morning oats, that I add a cup of- | Kilograms / Centimetres: 77.2 kgs / 77.5 cm |
| | -corn flakes to, notice in earlier months there's less than 24 containers. |

Improvement After Movement

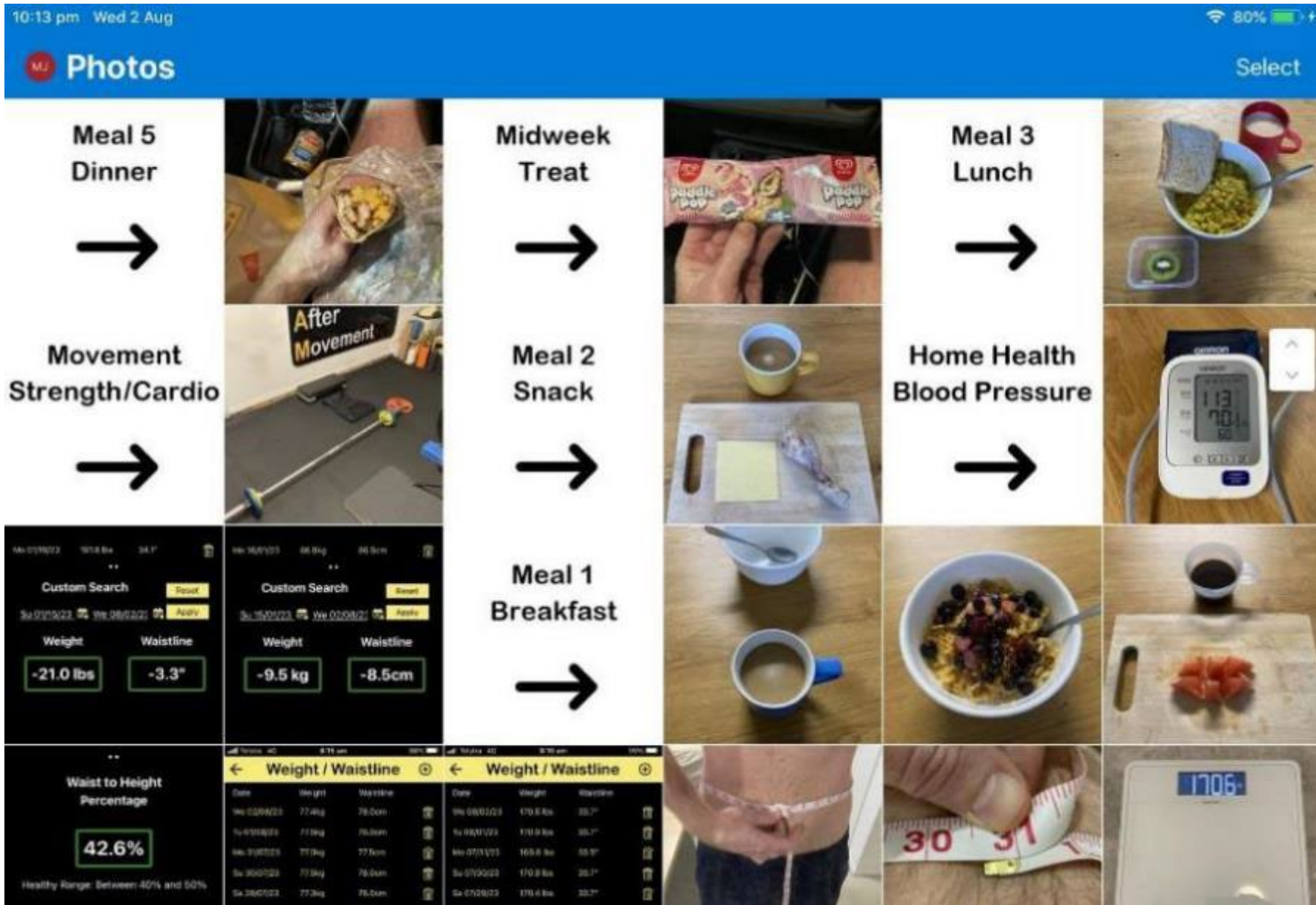
How To Get To Q1 Waist to Height (WtH)



| | |
|--|--|
| Day / Date / Time of Measurements: Thursday, August 3 rd , 9.15am | Pounds / Inches: 170 lbs / 30.5 in |
| Note: Had the thought today that separating arms and legs in workouts on AirBike is kind of like using both diet and exercise to assist in weight- | Kilograms / Centimetres: 77.1 kgs / 77.5 cm |
| | -loss, diet and exercise are simply two levers that can be used to assist. |

Improvement After Movement

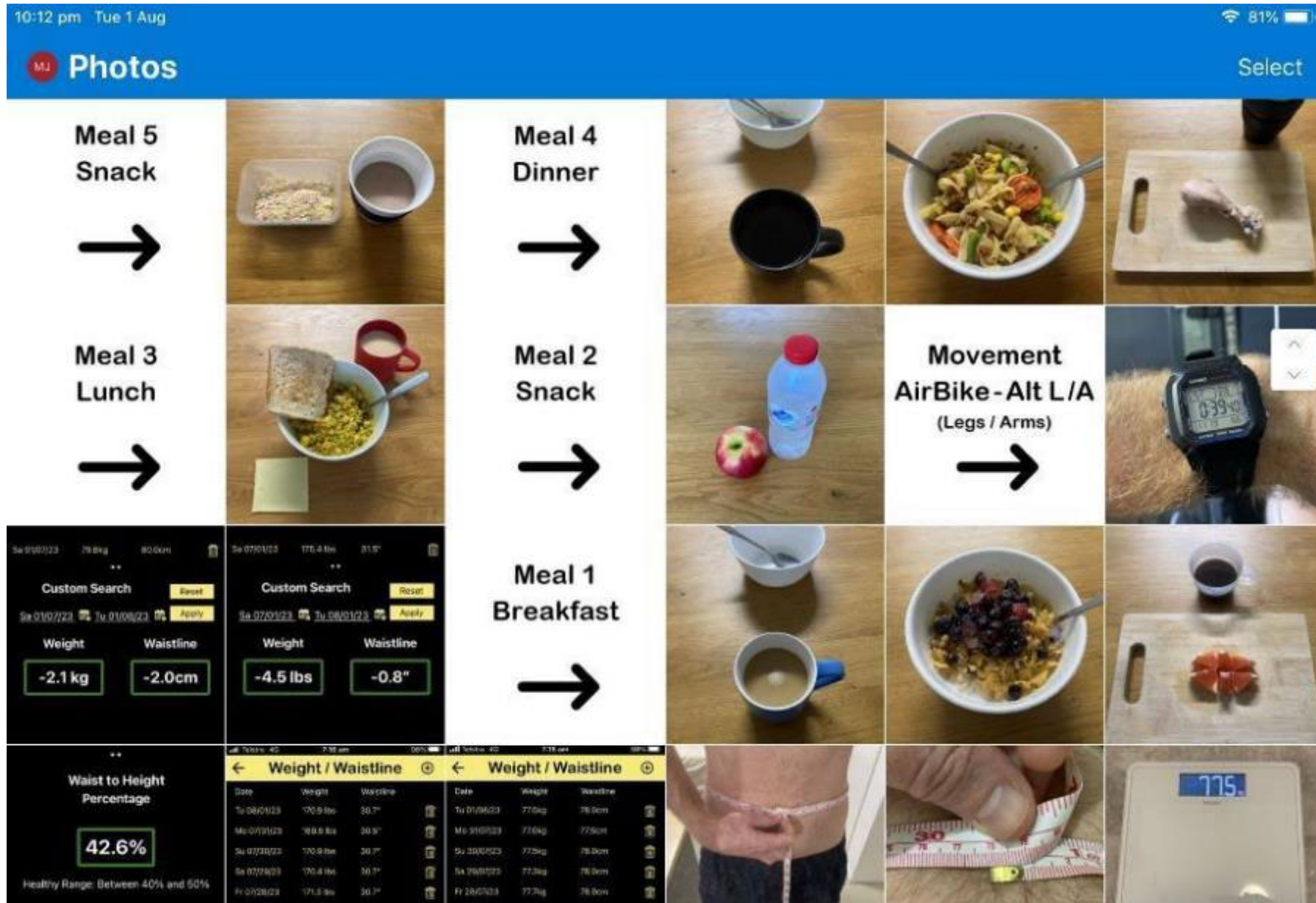
How To Get To Q1 Waist to Height (WtH)



| | |
|---|--|
| Day / Date / Time of Measurements: Wednesday, August 2 nd , 8.10am | Pounds / Inches: 170.6 lbs / 30.7 in |
| Note: The Custom Search image, particularly the kg/cm one is so perfect as a teaching tool, it's from Jan 15 to Aug 2, my weight reduced 9.5 kg,- | Kilograms / Centimetres: 77.4 kgs / 78 cm |
| | -waistline only 8.5 kg, meaning likely 1 kg (2.2 lbs) muscle loss. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

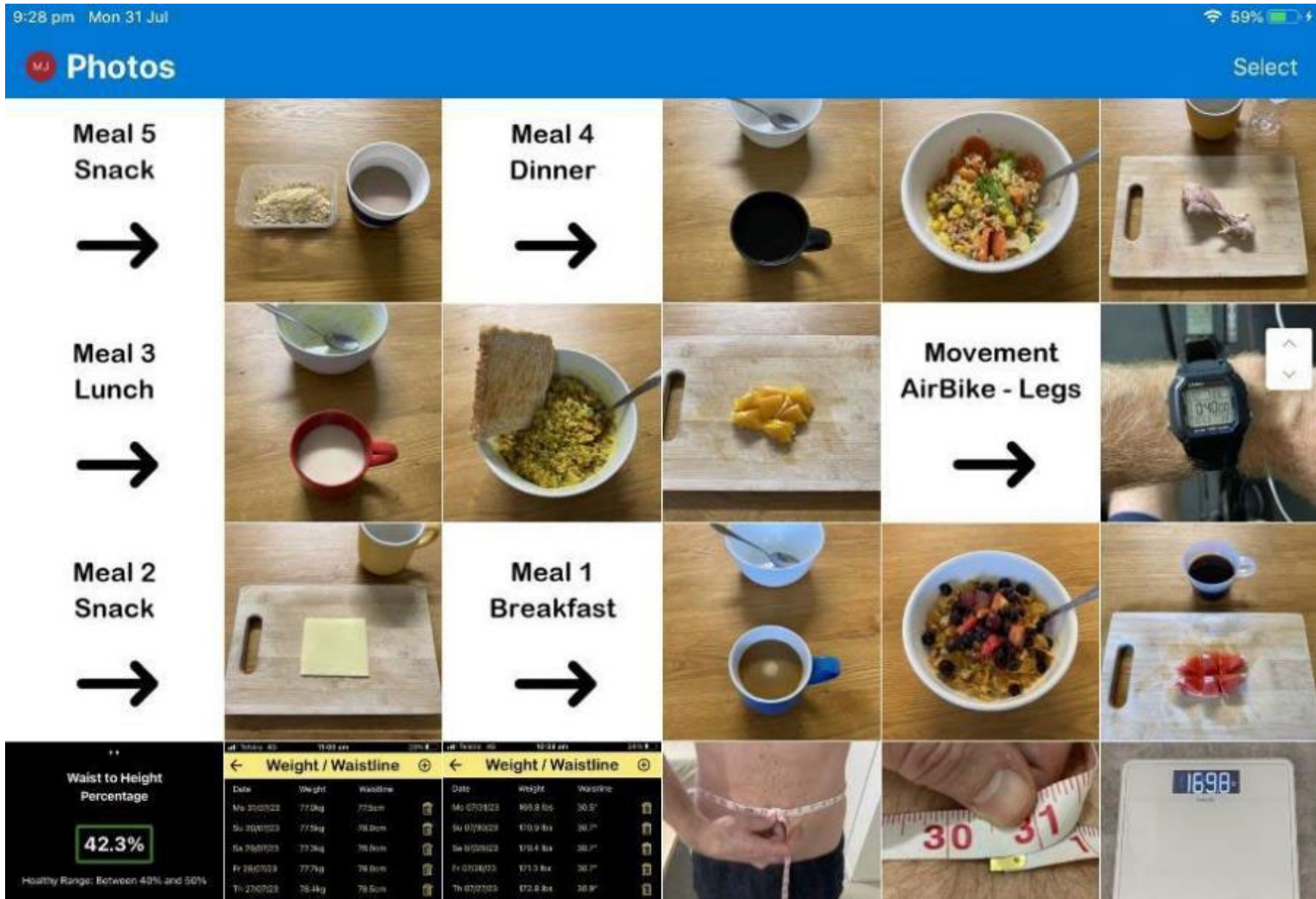


Day / Date / Time of Measurements: Tuesday, August 1st, 7.15am
 Note: The Custom Search results for the July month above were the result of deliberate changes I made to both my dietary system and-

Pounds / Inches: 170.9 lbs / 30.7 in
 Kilograms / Centimetres: 77.5 kgs / 78 cm
 -exercise routine, and a new mindset strategy called, "Ten Day Targets".

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Monday, July 31st, 10.55am
 Note: Today was the first day I reached Q1, with a Waist to Height (WtH) between 40 and 42.5%, only lasted 24 hrs, took two more days-

Pounds / Inches: 169.8 lbs / 30.5 in
 Kilograms / Centimetres: 77kg / 77.5 cm
 -to get back to 42.3% and stay there, and progress below it.

Improvement After Movement

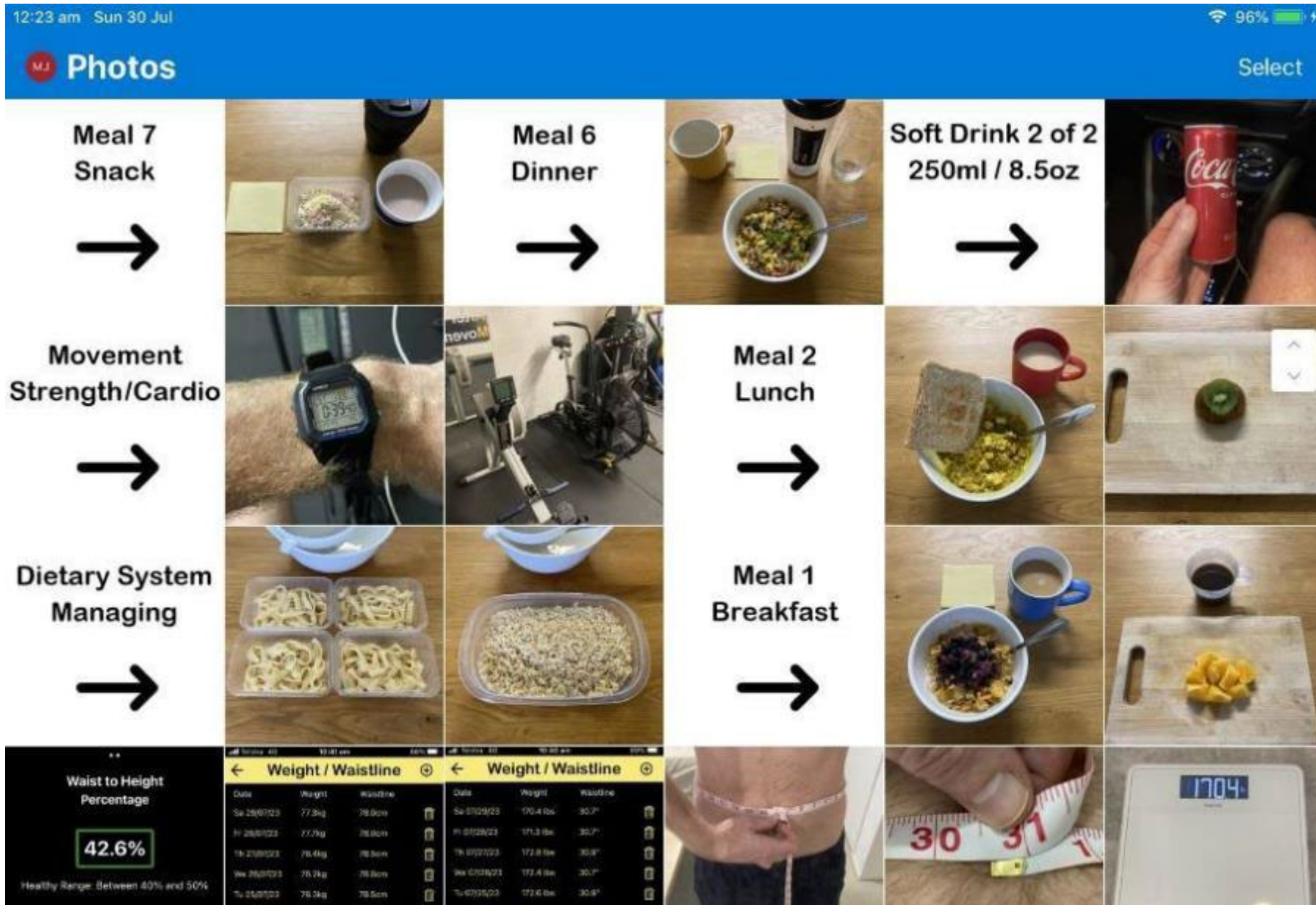
How To Get To Q1 Waist to Height (WtH)



| | |
|---|---|
| Day / Date / Time of Measurements: Sunday, July 30th, 9.05am | Pounds / Inches: 170.9 lbs / 30.7 in |
| Note: Ten Day Target #3 reached today, another 0.2 in / 0.5 cm reduced from July 20 to July 30. | Kilograms / Centimetres: 77.5 kgs / 78 cm |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



| | |
|--|--|
| Day / Date / Time of Measurements: Saturday, July 29th, 10.35am | Pounds / Inches: 170.4 lbs / 30.7 in |
| Note: Piece of cheese in Meal 1 was eaten hours earlier than breakfast, it doesn't happen often but if I wake up in the middle of the night and- | Kilograms / Centimetres: 77.3 kgs / 78 cm |
| | -find myself a little hungry, one slice of cheese is usually all I need. |

Improvement After Movement

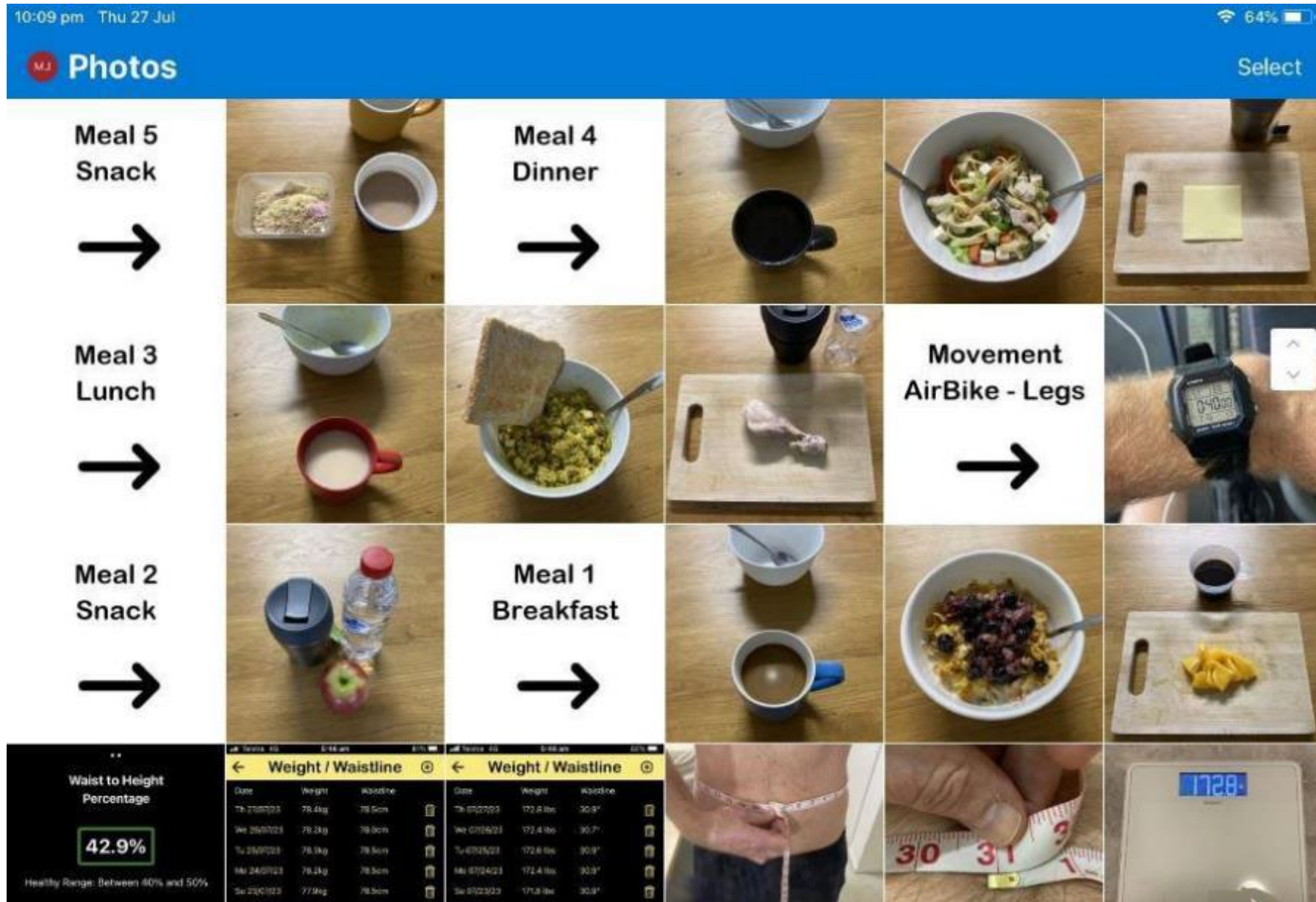
How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Friday, July 28th, 10am | Pounds / Inches: 171.3 lbs / 30.7 in |
| Note: My favourite piece of cardio equipment is the AirBike, seen next to rower in July 29 image, I love it because you can workout arms only- | Kilograms / Centimetres: 77.7 kgs / 78 cm |
| | -placing feet on foot pegs, I do 1m 40s arms, 20s rest, 1m 40s legs, alt... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

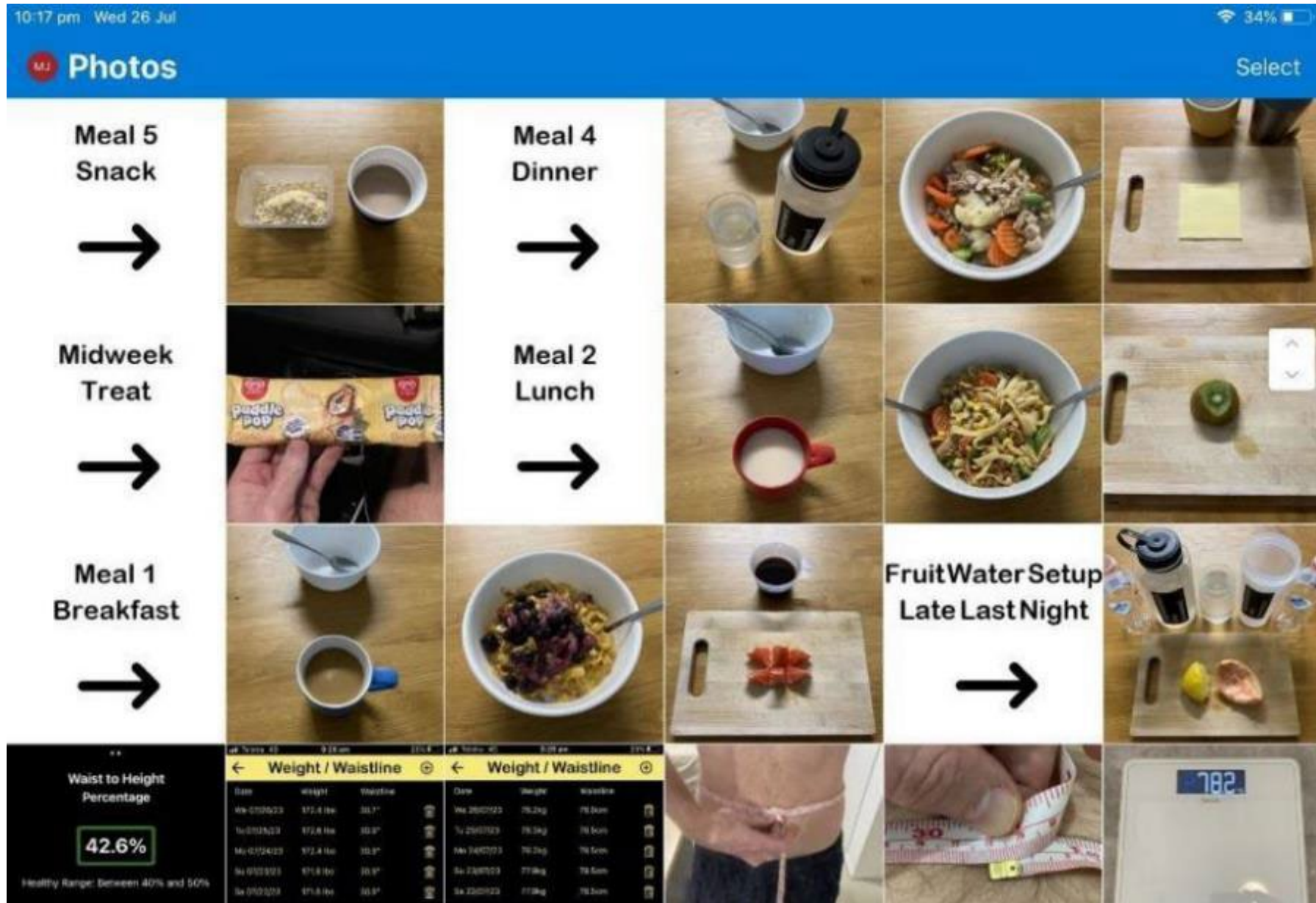


Day / Date / Time of Measurements: Thursday, July 27th, 5.40am
 Note: See the Meal 4 Dinner black cup, it's filled with tea, what drinking hot tea at the end of a meal does for me is it slows down finishing my-

Pounds / Inches: 172.8 lbs / 30.9 in
 Kilograms / Centimetres: 78.4 kgs / 78.5 cm
 -meal by an extra 5-10 mins, giving time for fullness to set in.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Wednesday, July 26th, 9.25am

Note: You'll see with Breakfast, Lunch and Dinner, there's 3 parts to each meal, I call it now, Beginning, Middle and End, it's my meal eating-

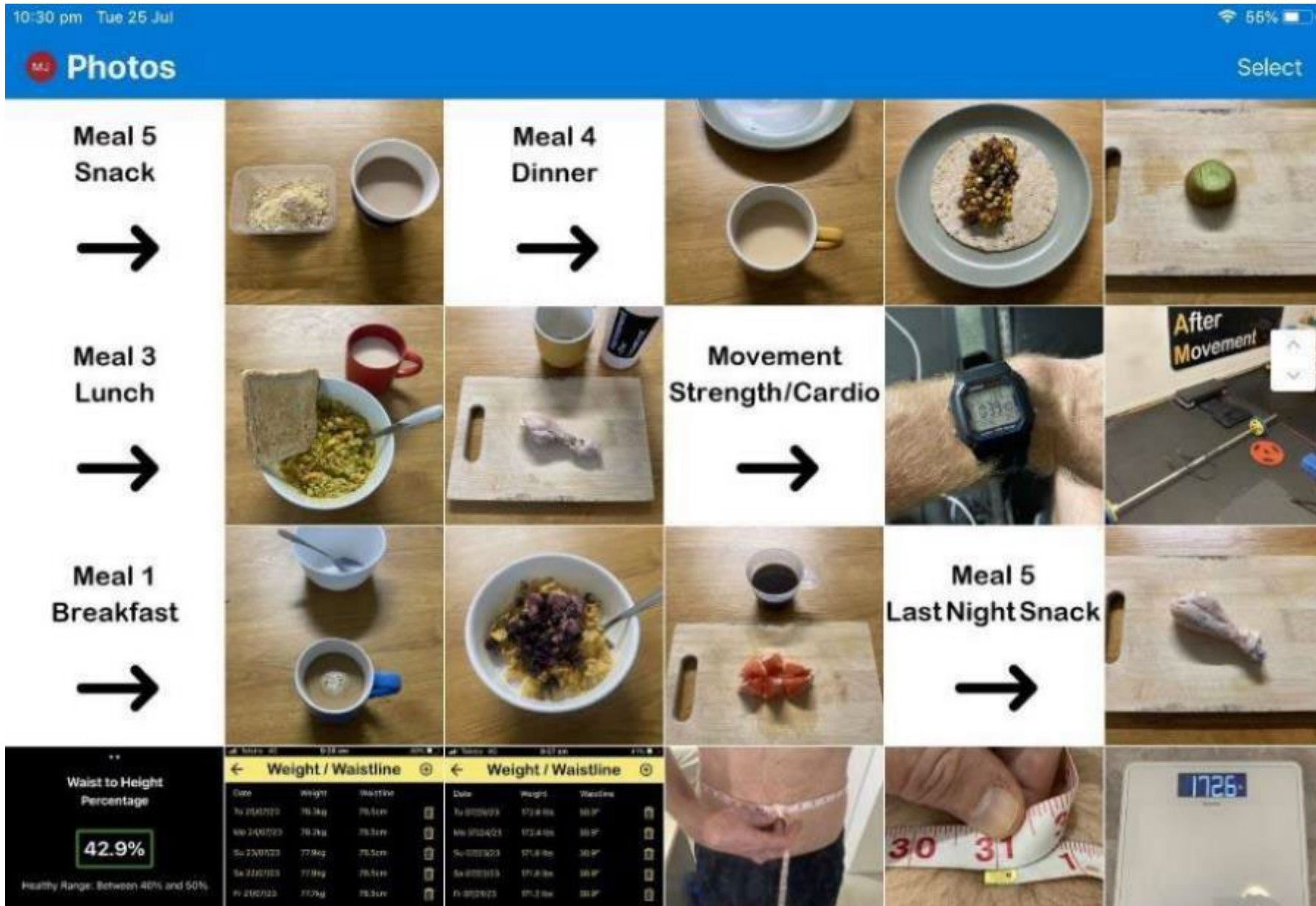
Pounds / Inches: 172.4 lbs / 30.7 in

Kilograms / Centimetres: 78.2 kgs / 78 cm

-strategy that almost always results in fullness at or before completion.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

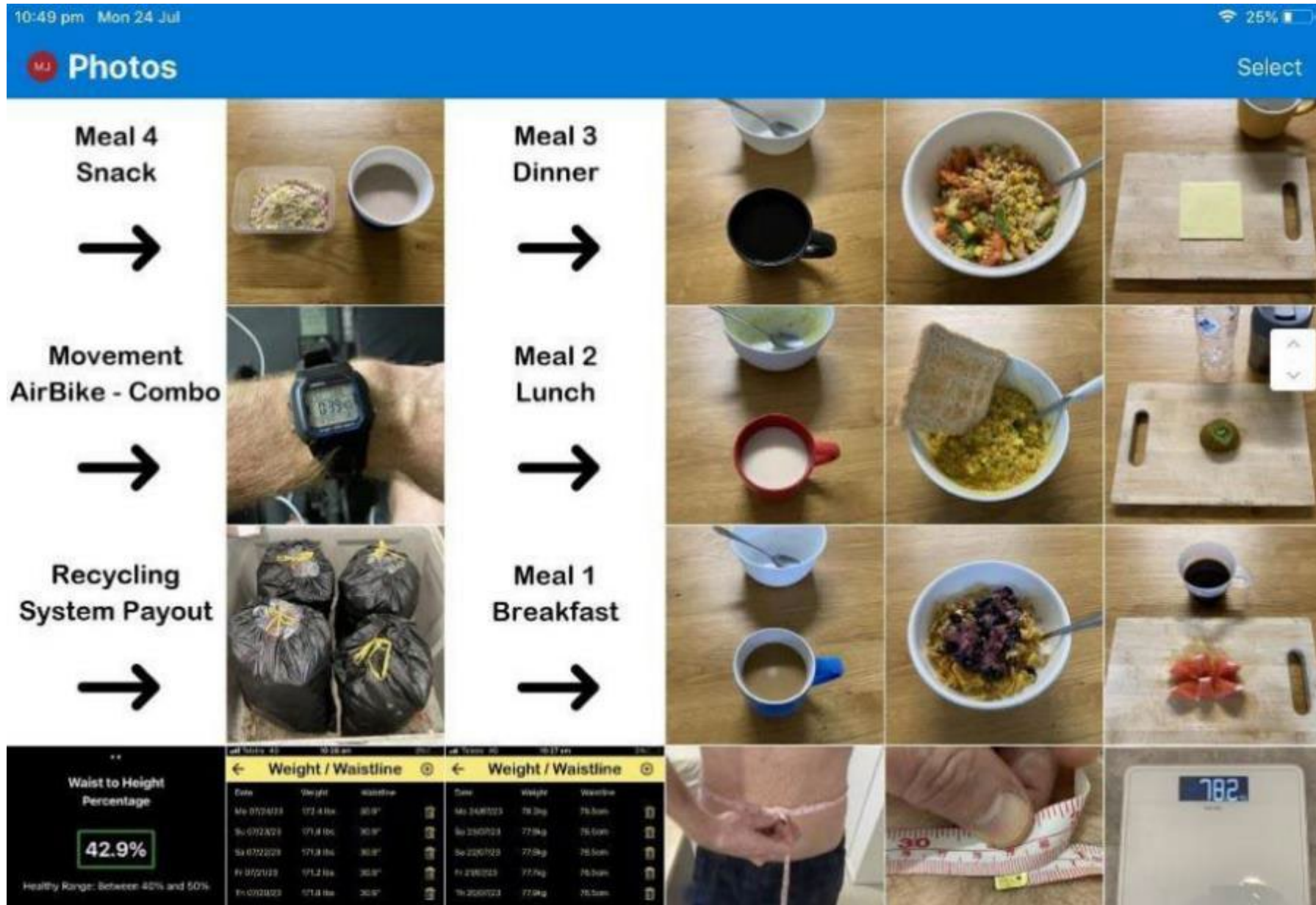


Day / Date / Time of Measurements: Tuesday, July 25th, 9.25am
 Note: My breakfast and lunch meals nearly always start with fruit, my breakfast meal 100% does, ½ cup of heated prune juice has been so-

Pounds / Inches: 172.6 lbs / 30.9 in
 Kilograms / Centimetres: 78.3 kgs / 78.5 cm
 -important for my digestive system health.

Improvement After Movement

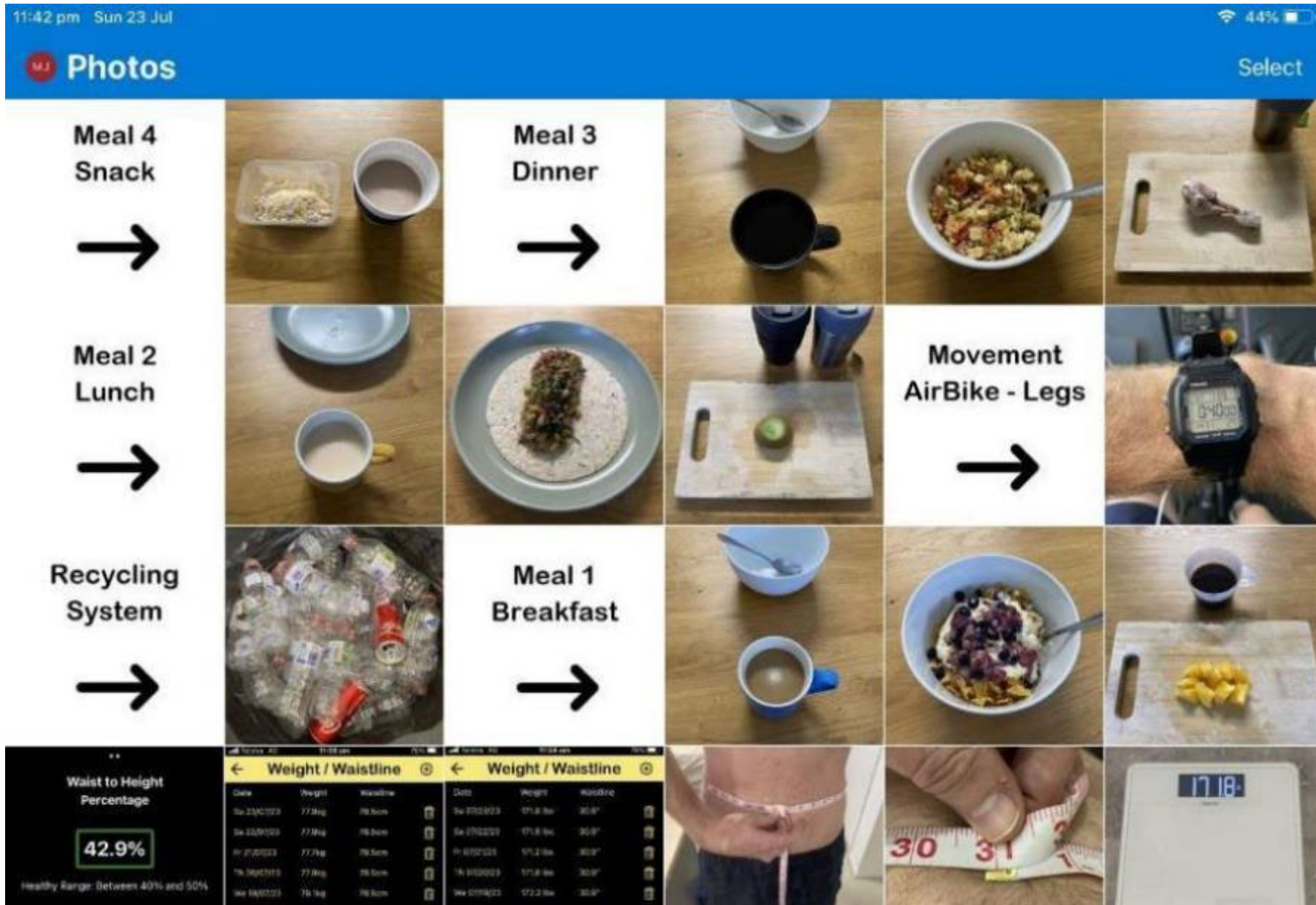
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Monday, July 24th, 10.25am
 Note: ½ cup (about 125 ml) fruit juice is equivalent to 1 serving of fruit in Food Guide Pyramid (FGP). The FGP recommends 2-4 servings of fruit-a day, Government guidelines today recommend 2 servings I believe.

Improvement After Movement

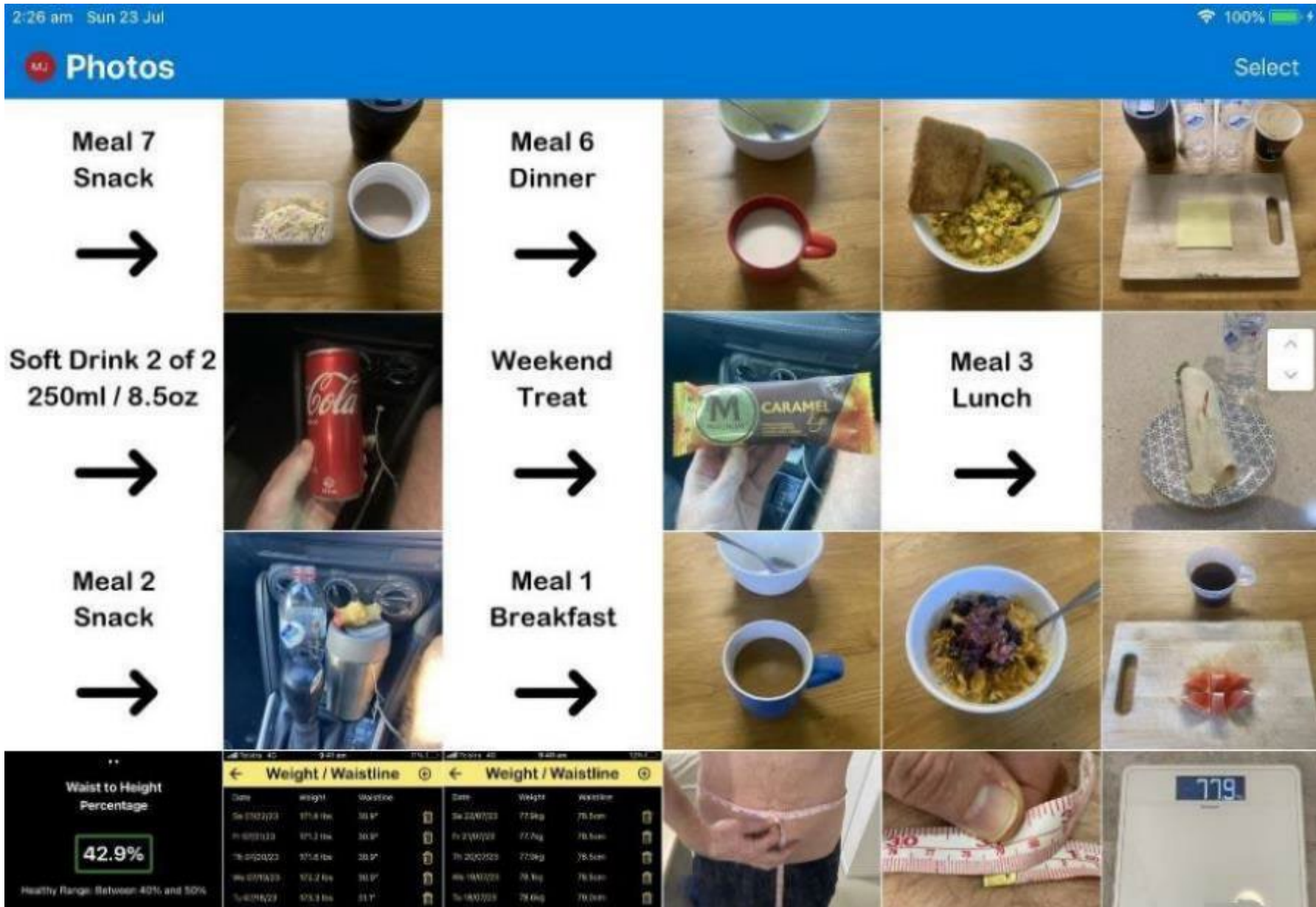
How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Sunday, July 23rd, 11.55am | Pounds / Inches: 171.8 lbs / 30.9 in |
| Note: 1 standard solid serving of fruit in the FGP is about 150 grams, or 5.25 oz, the solid portions of fruit in M1 breakfast and the Beginning of- | Kilograms / Centimetres: 77.9 kgs / 78.5 cm |
| | -M2 Lunch, each weigh at least 50g, 3 x servings total 1 whole serve. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

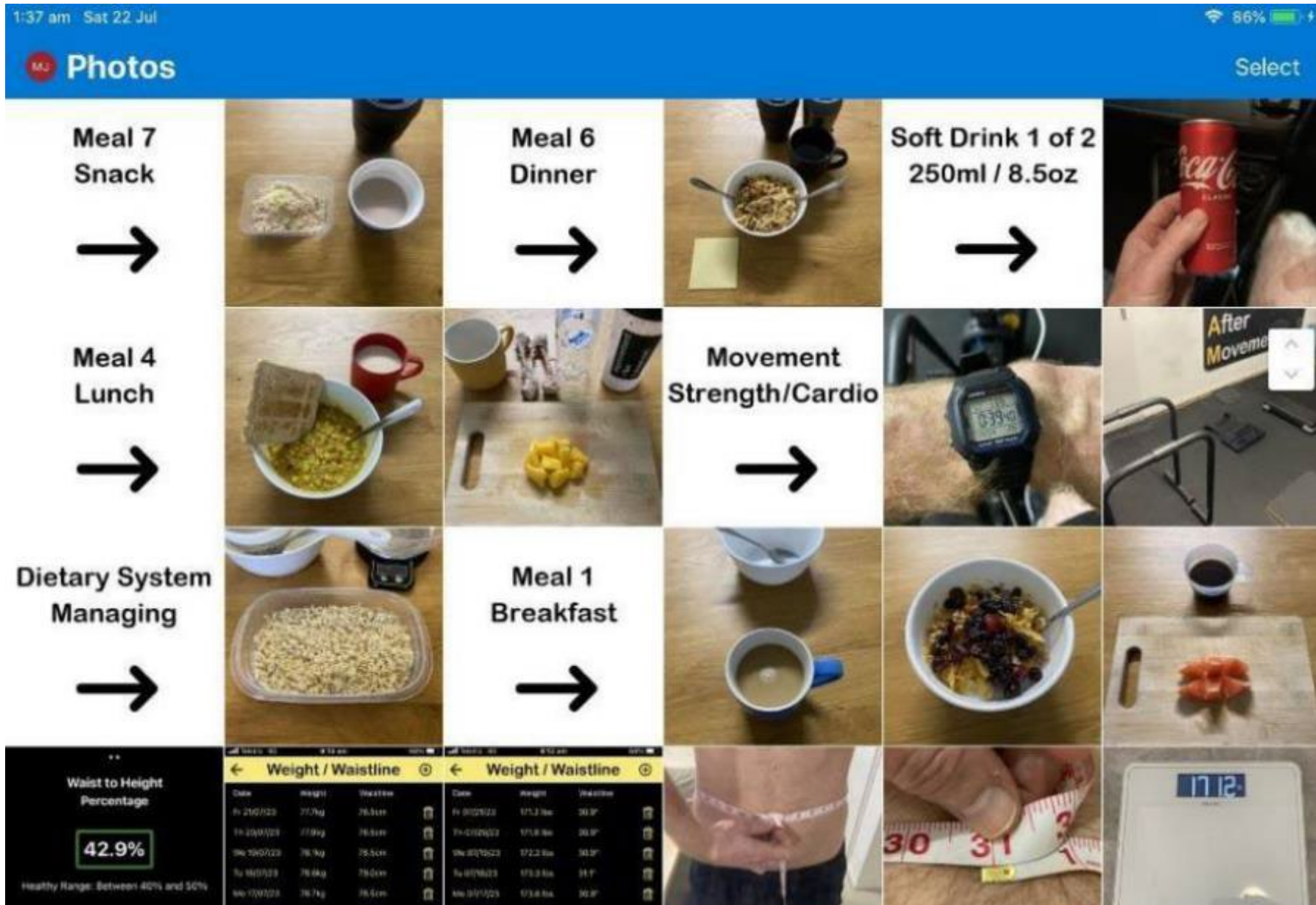


Day / Date / Time of Measurements: Saturday, July 22nd, 9.35am
 Note: When you add the ½ cup of fruit juice at the Beginning of Meal 1 to the smaller servings of fruit, that totals 2 servings of fruit each day.

Pounds / Inches: 171.8 lbs / 30.9 in
 Kilograms / Centimetres: 77.9 kgs / 78.5 cm
 On this day M2 for me was a snack, an apple, that's one serving by itself.

Improvement After Movement

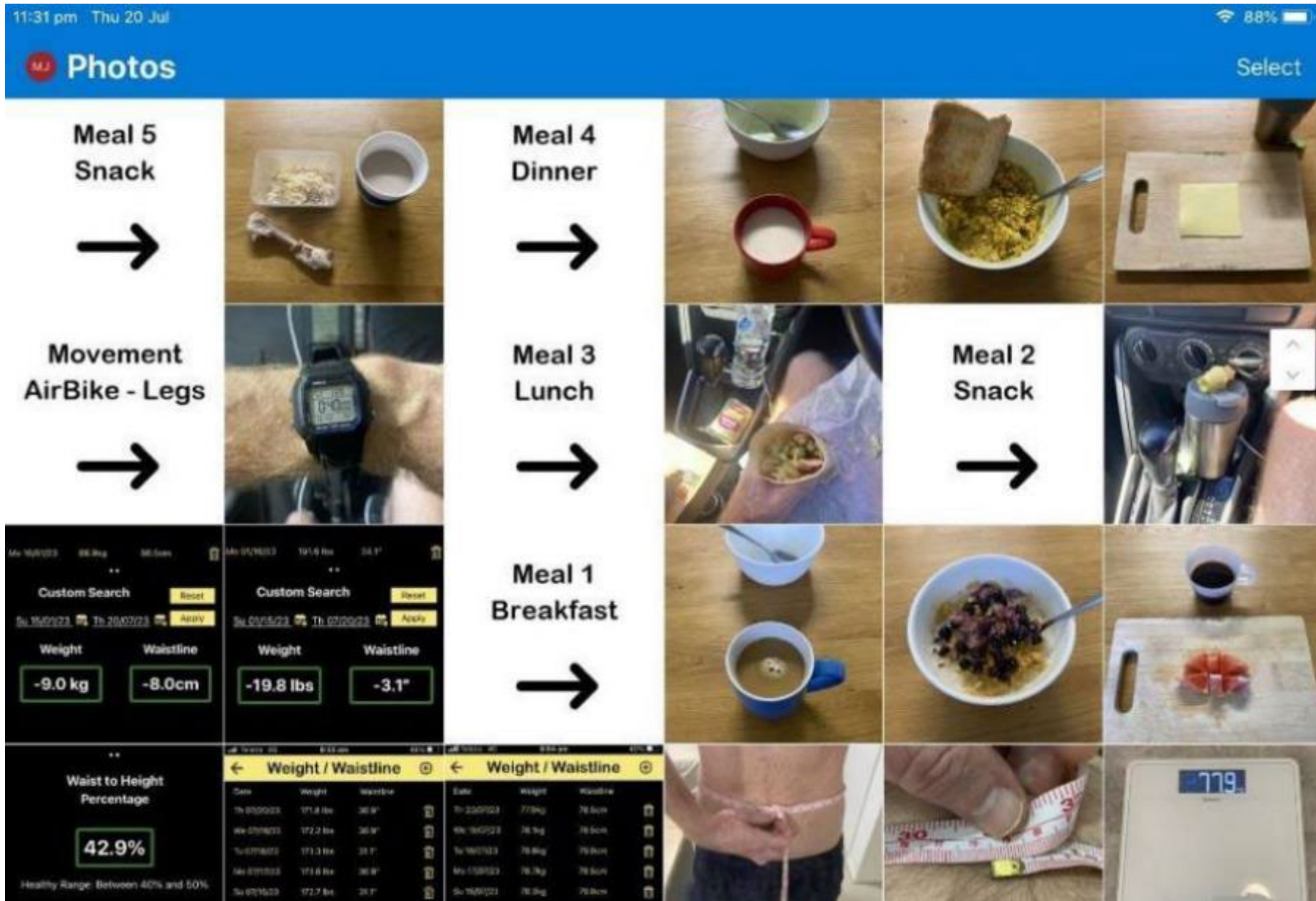
How To Get To Q1 Waist to Height (WtH)



| | |
|---|---|
| Day / Date / Time of Measurements: Friday, July 21st, 9.10am | Pounds / Inches: 171.2 lbs / 30.9 in |
| Note: This day had a total of 7 Meals, in this book, for the most part I include snacks as meals, small meals, it doesn't matter if you don't,- | Kilograms / Centimetres: 77.7 kgs / 78.5 cm |
| | -(simple way to explain) the cans of soft drink are also a snack now too. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

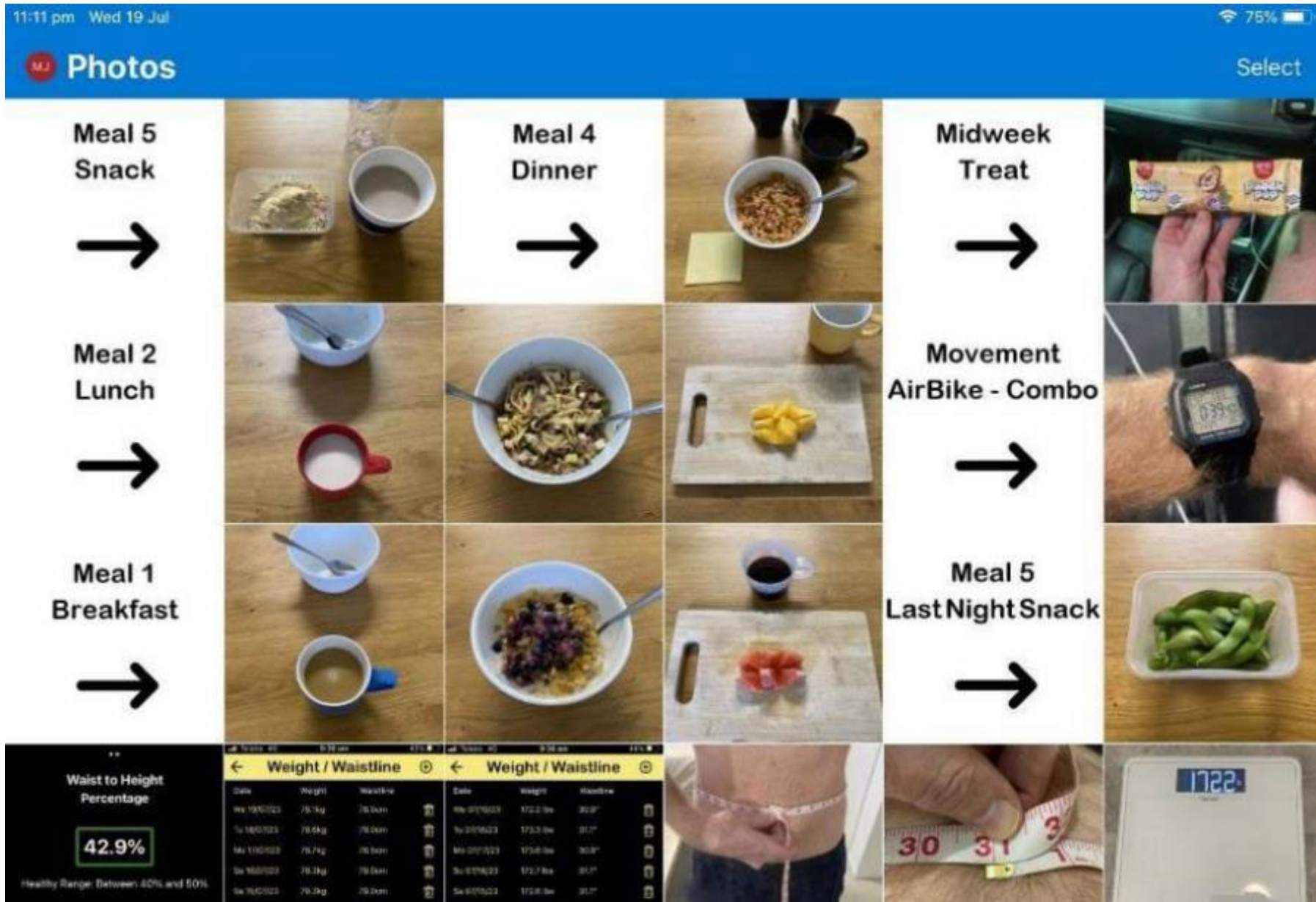


Day / Date / Time of Measurements: Thursday, July 20th, 8.50am
 Note: Where you see 40 minutes on my stopwatch, that means a slower continuous legs only exercise session, as you continue scrolling, you'll-

Pounds / Inches: 171.8 lbs / 30.9 in
 Kilograms / Centimetres: 77.9 kgs / 78.5 cm
 -see there's plenty of walking and riding outside in the fresh air.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

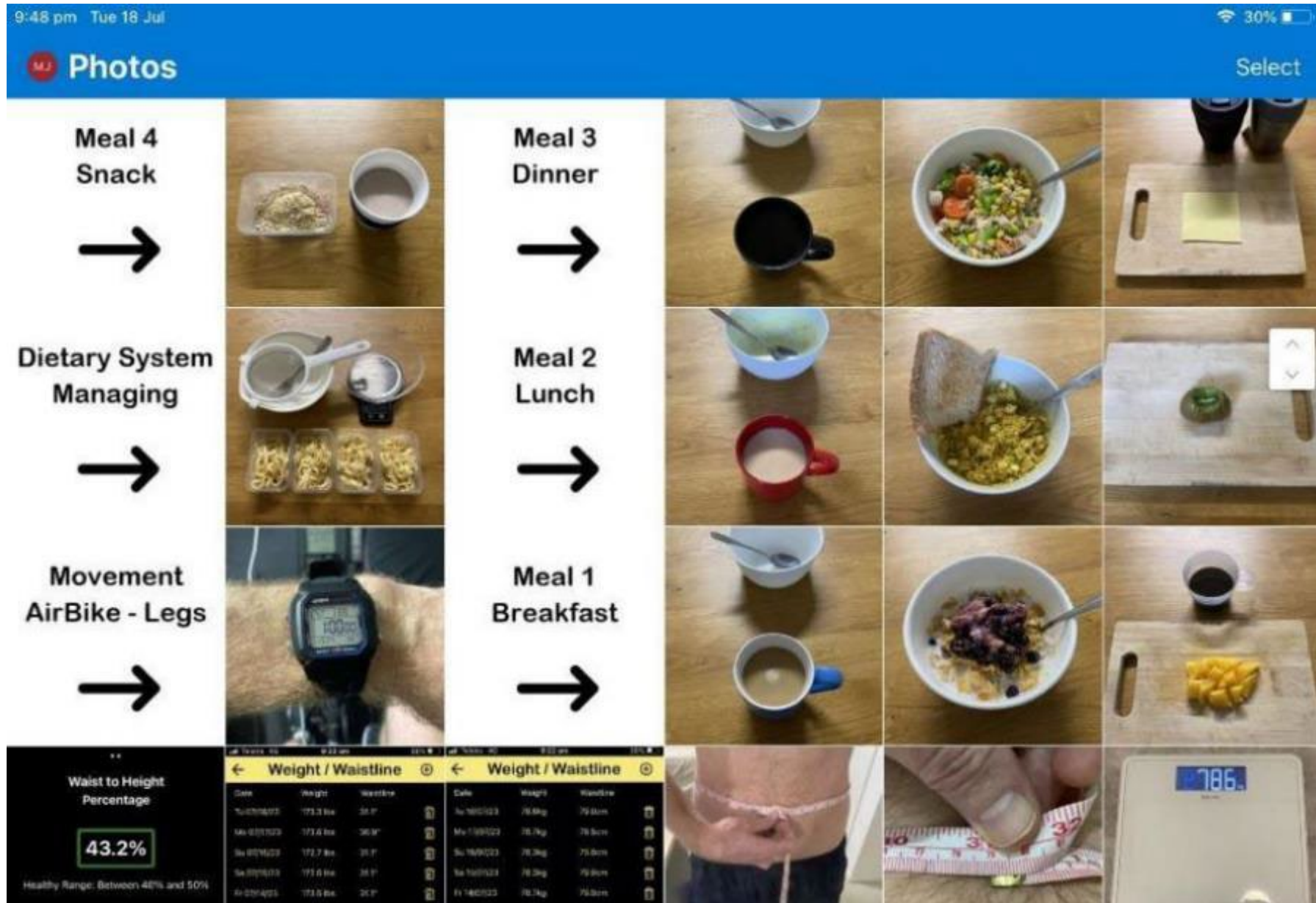


Day / Date / Time of Measurements: Wednesday, July 19th, 9.30am
 Note: See the Midweek Treat, that ice cream is called a Paddle Pop, a Paddle Pop is about 80-90 Calories, in January this year, from Jan 8 to-

Pounds / Inches: 172.2 lbs / 30.9 in
 Kilograms / Centimetres: 78.1 kgs / 78.5 cm
 -Jan 15, I had 5 binges that resulted in my Waist to Height (WTH) ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

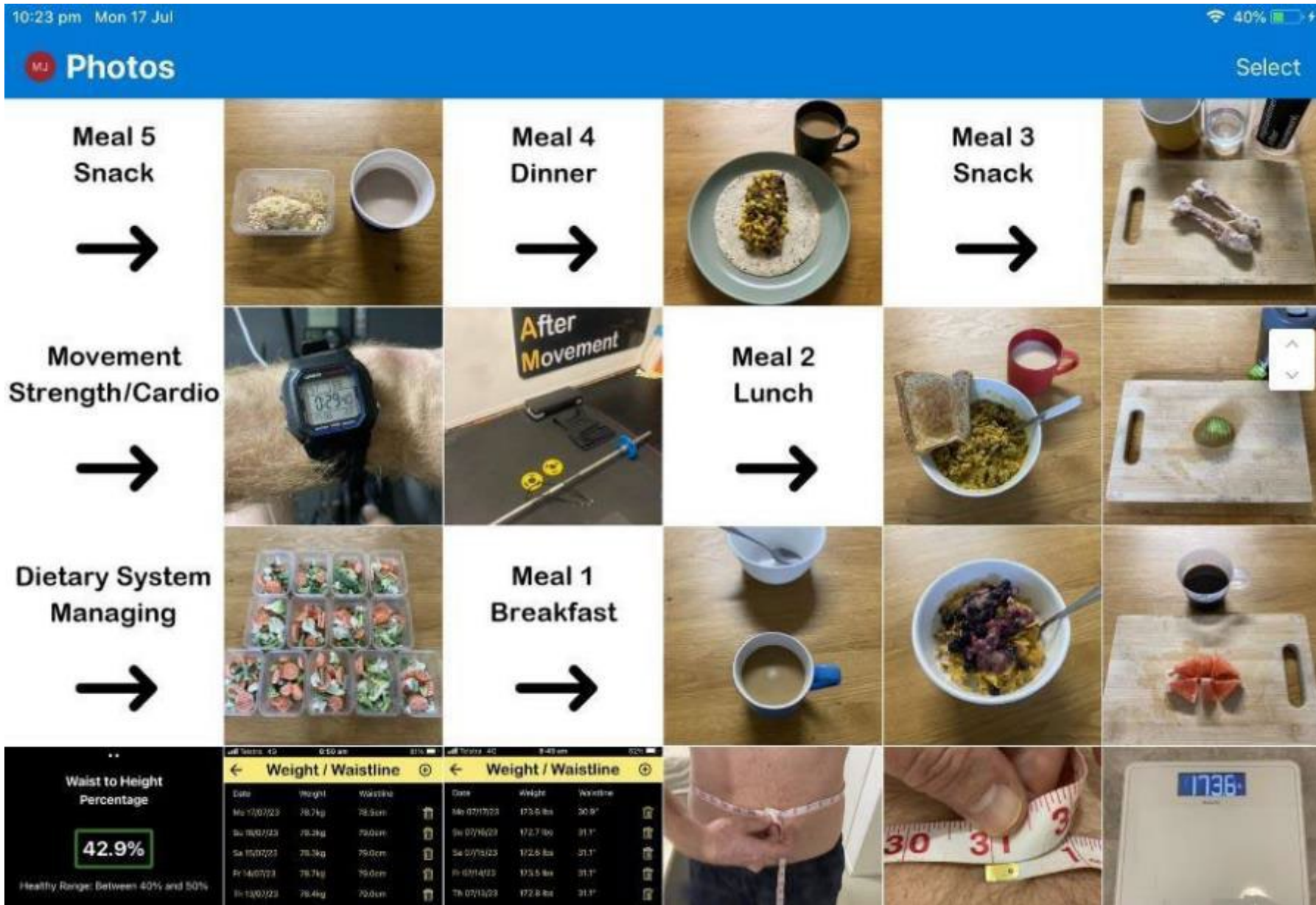


Day / Date / Time of Measurements: Tuesday, July 18th, 9.20am
 Note: ... Ratio being at 47.3% for the fourth straight month, Oct, Nov, Dec, Jan. I only learned this during a scroll through my Weight / Waist-

Pounds / Inches: 173.3 lbs / 31.1 in
 Kilograms / Centimetres: 78.6 kgs / 79 cm
 -line app screen, not sure exactly what date it was. I have this Jan 15 ...

Improvement After Movement

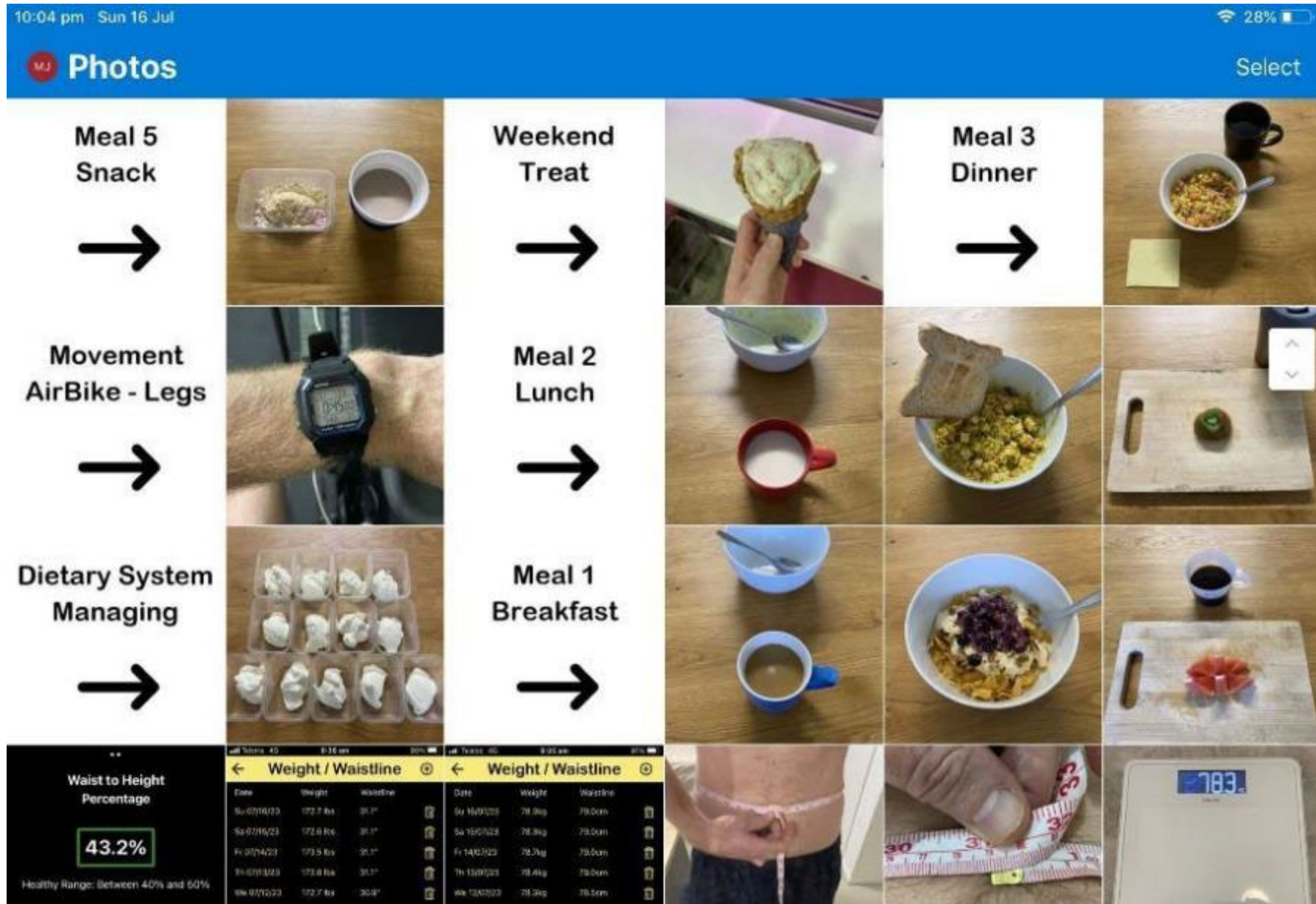
How To Get To Q1 Waist to Height (WtH)



| | |
|---|---|
| Day / Date / Time of Measurements: Monday, July 17th, 8.45am | Pounds / Inches: 173.6 lbs / 30.9 cm |
| Note: ... note in my health diary. "Never had big binges during 2019 Banting Balance when I was drinking 2 protein milk shakes, [daily]-" | Kilograms / Centimetres: 78.7 kgs / 78.5 cm |
| | -bought drinking chocolate on my way home, and a paddle pop." |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

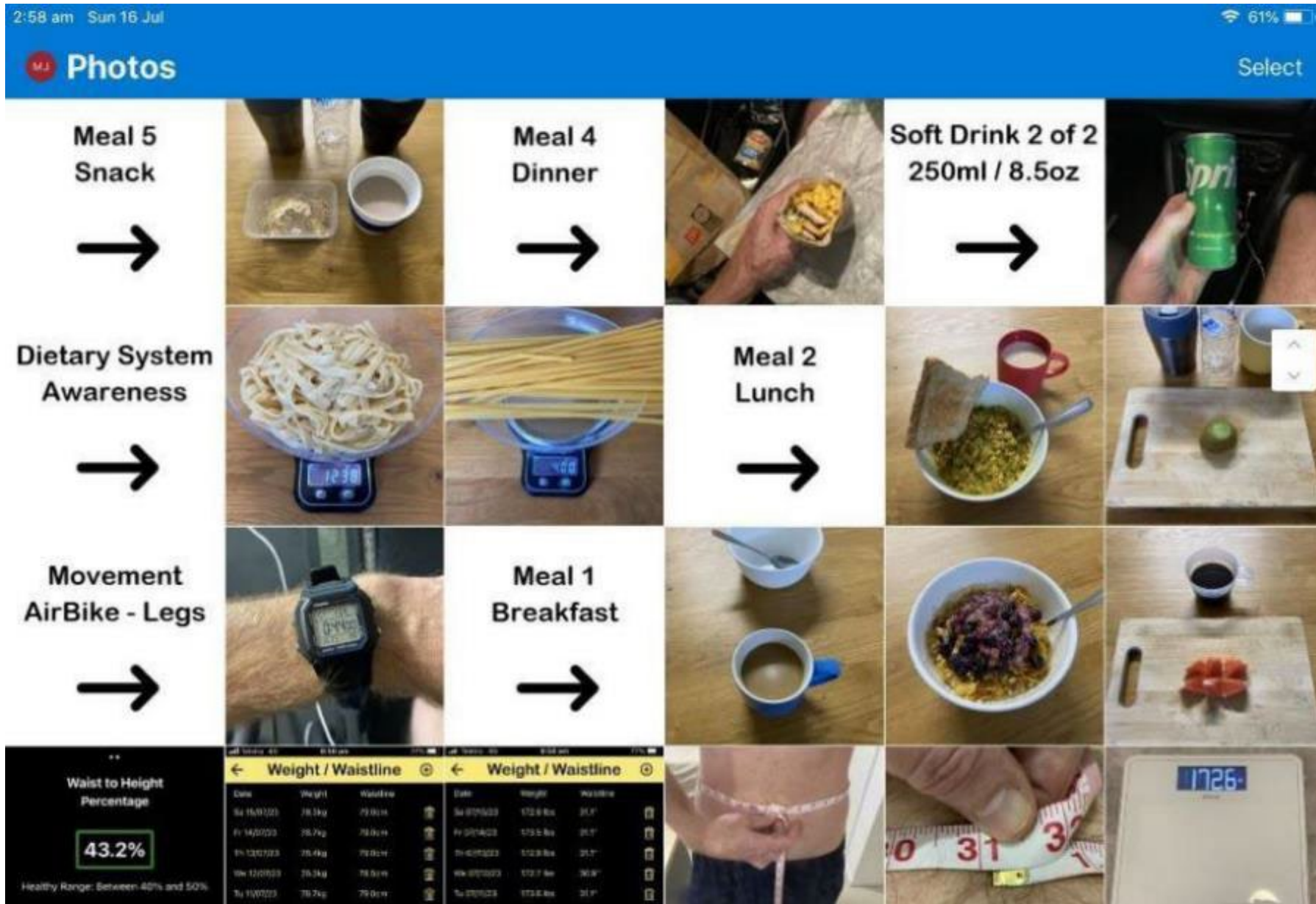


Day / Date / Time of Measurements: Sunday, July 16th, 8.30am
 Note: You'll see in all my daily photos they all usually finish with a small cup of hot chocolate, that started on Jan 15 after 5th binge in 8 days.-

Pounds / Inches: 172.7 lbs / 31.1 in
 Kilograms / Centimetres: 78.3 kgs / 79 cm
 -And on Jan 18 I have this note: "The Paddle Pop Experiment BEGINS".

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

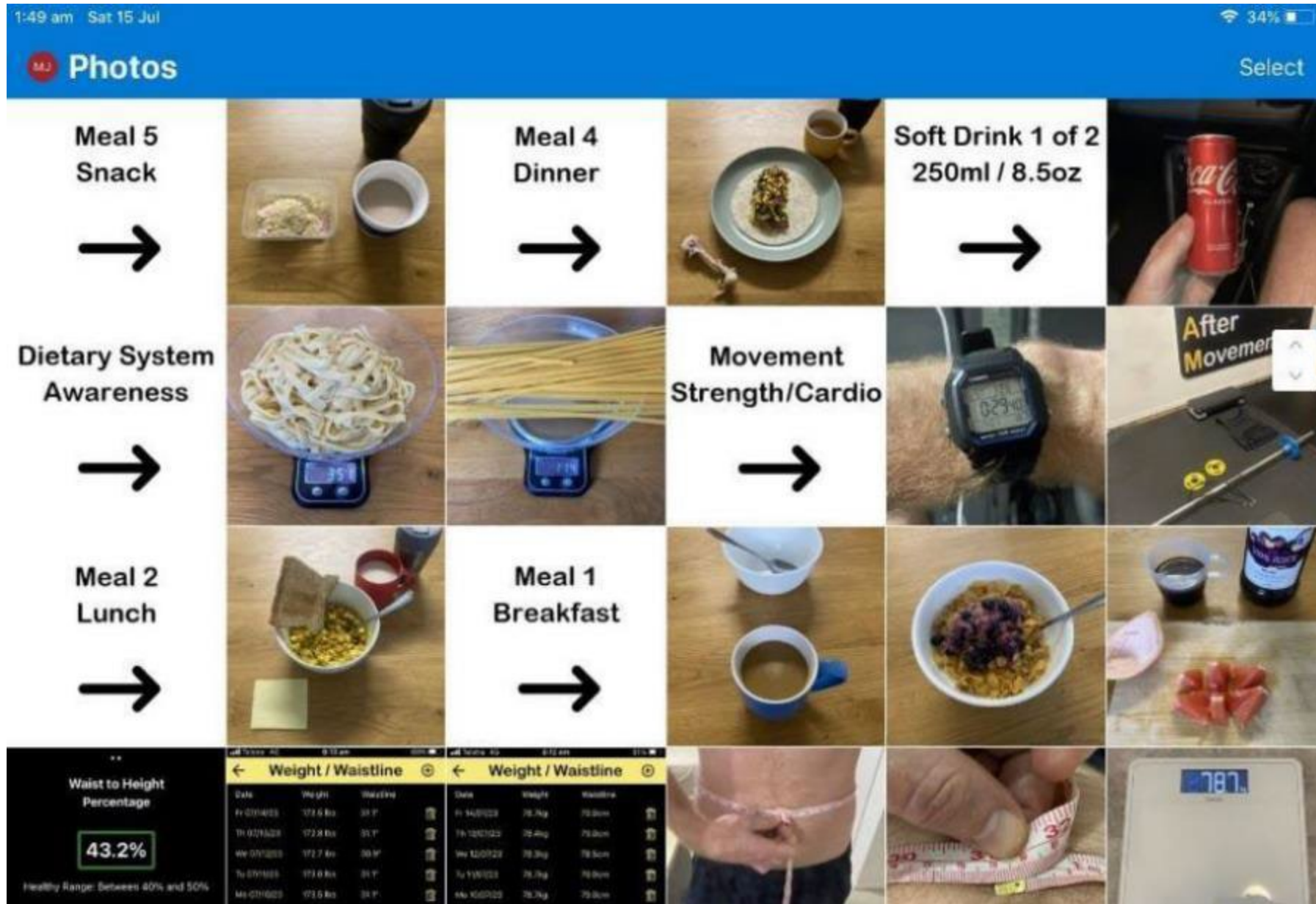


Day / Date / Time of Measurements: Saturday, July 15th, 9.45am
 Note: The Paddle Pop Experiment was two Paddle Pops each week, one in the middle of the week, and the other on the weekend. This dietary-

Pounds / Inches: 172.6 lbs / 31.1 in
 Kilograms / Centimetres: 78.3 kgs / 79 cm
 -system adjustment resulted in over 10 weeks of no binges, and my ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

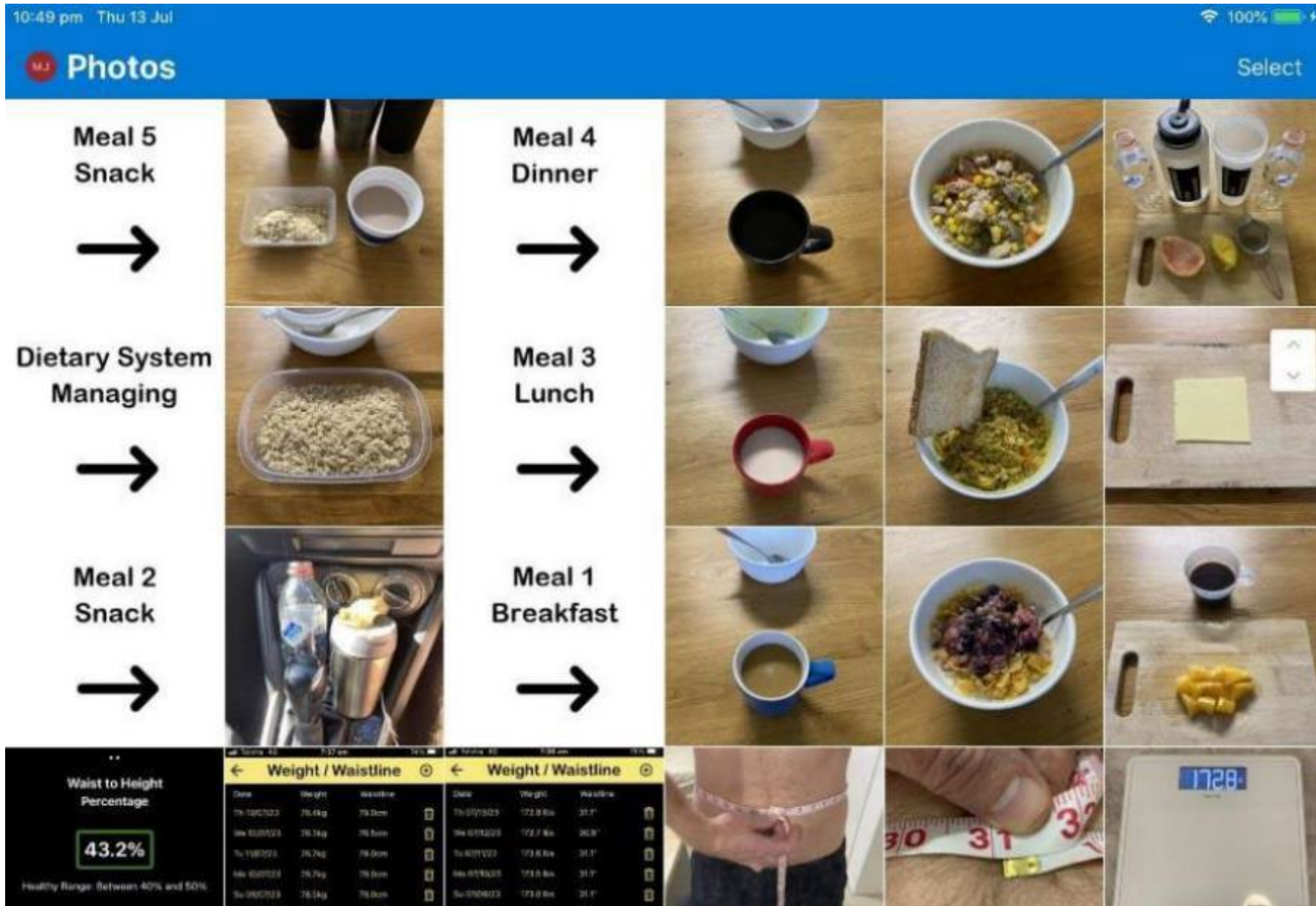


Day / Date / Time of Measurements: Friday, July 14th, 8.10am
 Note: ... Waist to Height (WtH) reducing nearly 3% from 47.3% to 44.5%,
 (2 in / 5 cm). Both those foods are tip of the Food Guide Pyramid foods.

Pounds / Inches: 173.5 lbs / 31.1 in
 Kilograms / Centimetres: 78.7 kgs / 79 cm
 When I removed the daily Protein Shakes from my dietary system, ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

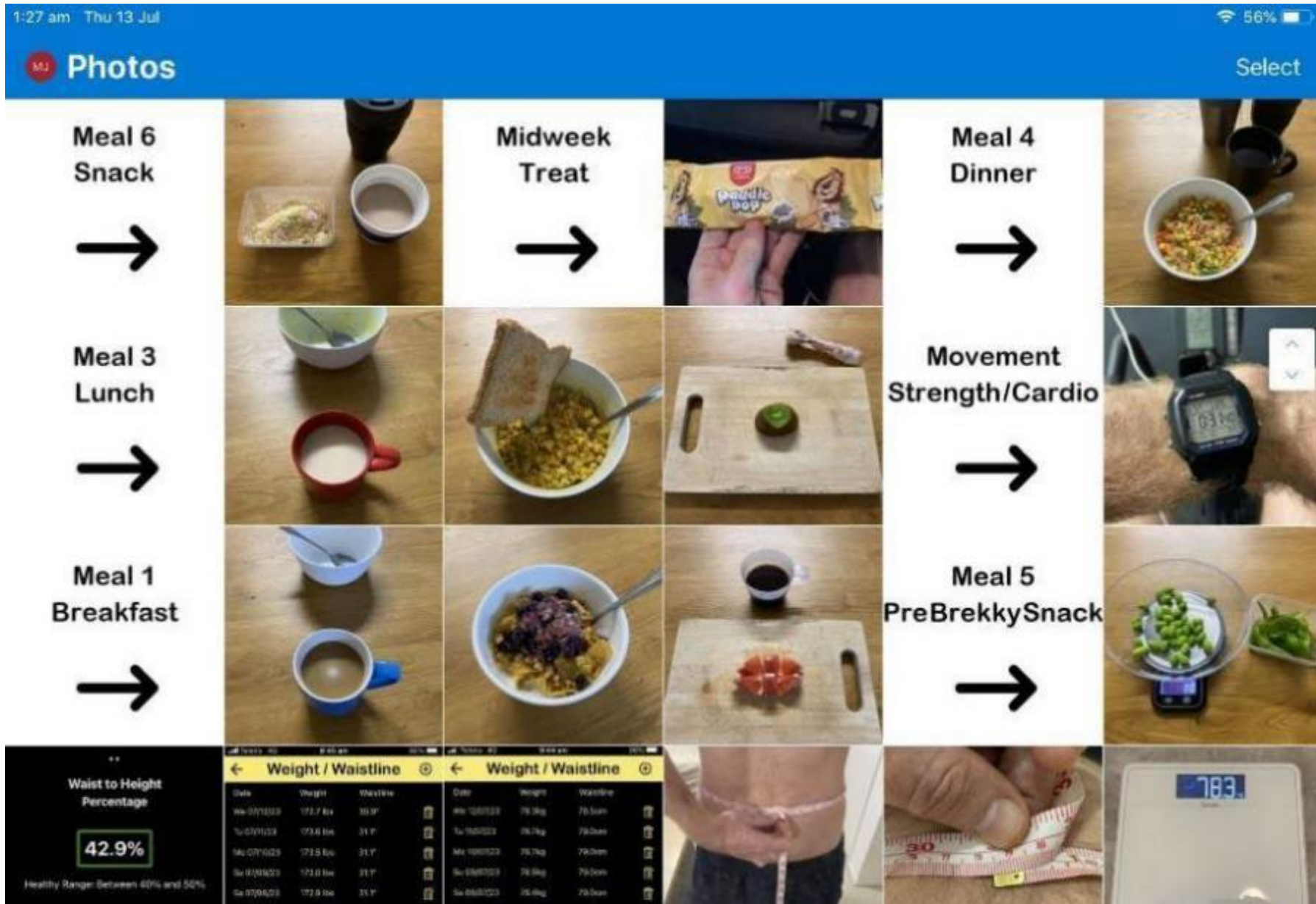


Day / Date / Time of Measurements: Thursday, July 13th, 7.30am
 Note: ... acted like tip of the pyramid foods, just with a different nutrition profile, I didn't replace them with actual tip of the pyramid-

Pounds / Inches: 172.8 lbs / 31.1 in
 Kilograms / Centimetres: 78.4 kgs / 79 cm
 -foods, until my January 15 dietary system binge breakdown.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

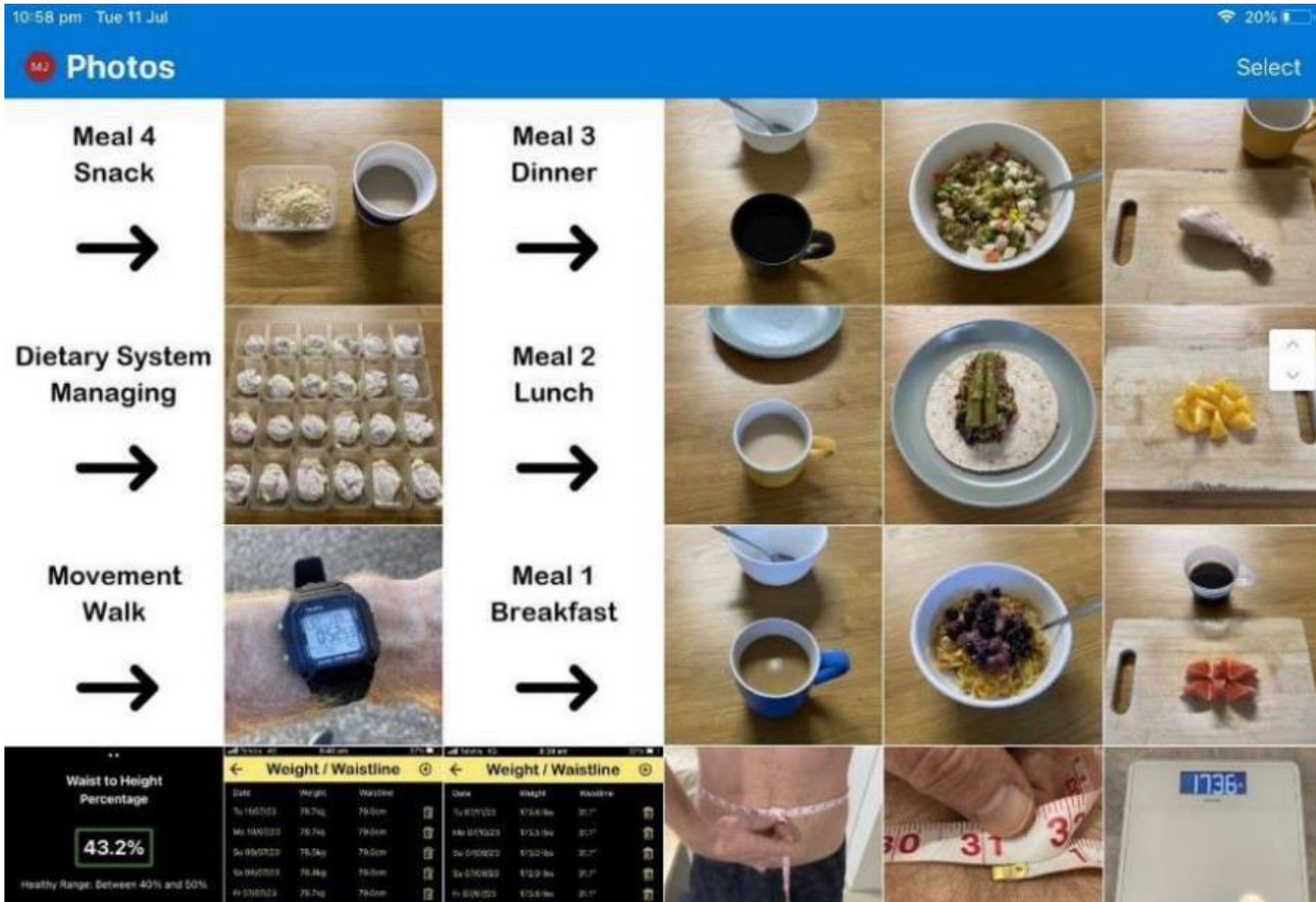


Day / Date / Time of Measurements: Wednesday, July 12th, 9.40am
 Note: Today, my Midweek Treat stays true to its start, being a smaller Calorie treat, but my Weekend Treat is usually a bigger one, Sunday-

Pounds / Inches: 172.7 lbs / 30.9 in
 Kilograms / Centimetres: 78.3 kgs / 78.5 cm
 -July 16 was Baskin Robbins ice cream, you'll see July 9 was a McFlurry.

Improvement After Movement

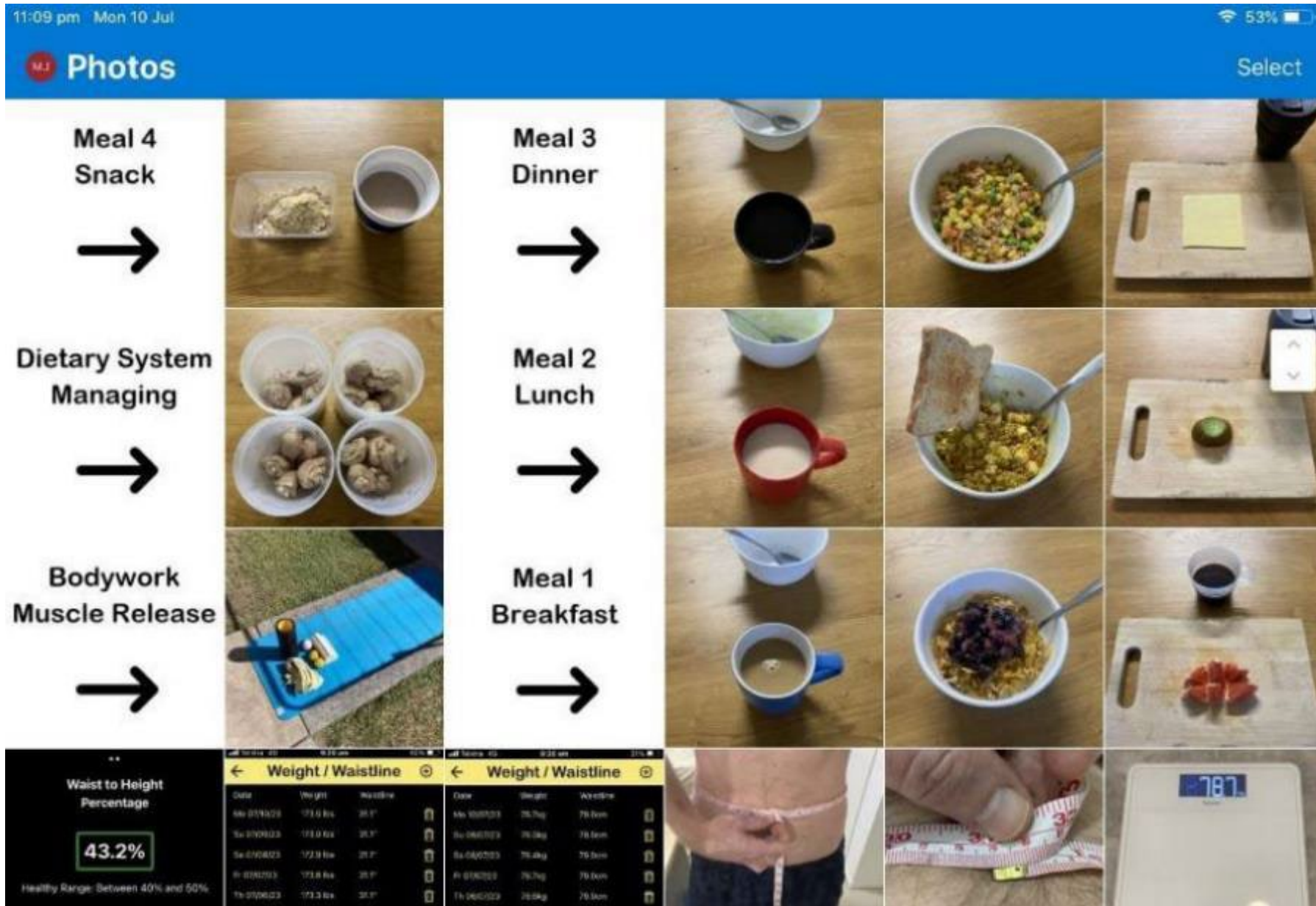
How To Get To Q1 Waist to Height (WtH)



| | |
|--|--|
| Day / Date / Time of Measurements: Tuesday, July 11th, 8.35am | Pounds / Inches: 173.6 lbs / 31.1 in |
| Note: There was one other tip of the pyramid food inclusion with "The Paddle Pop Experiment" week and that was soft drink, I began having- | Kilograms / Centimetres: 78.7 kgs / 79 cm |
| | -2 x 250 ml / 8.5 fl oz cans of Coke each week, 108 Calories each drink. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Monday, July 10th, 9.15am
 Note: I haven't included soft drink in my diet for so many years, but just that small weekly amount (you can see how small it is with the cans-

Pounds / Inches: 173.5 lbs / 31.1 in
 Kilograms / Centimetres: 78.7 kgs / 79 cm
 -surrounded by my water bottles) has been so beneficial for myself, ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

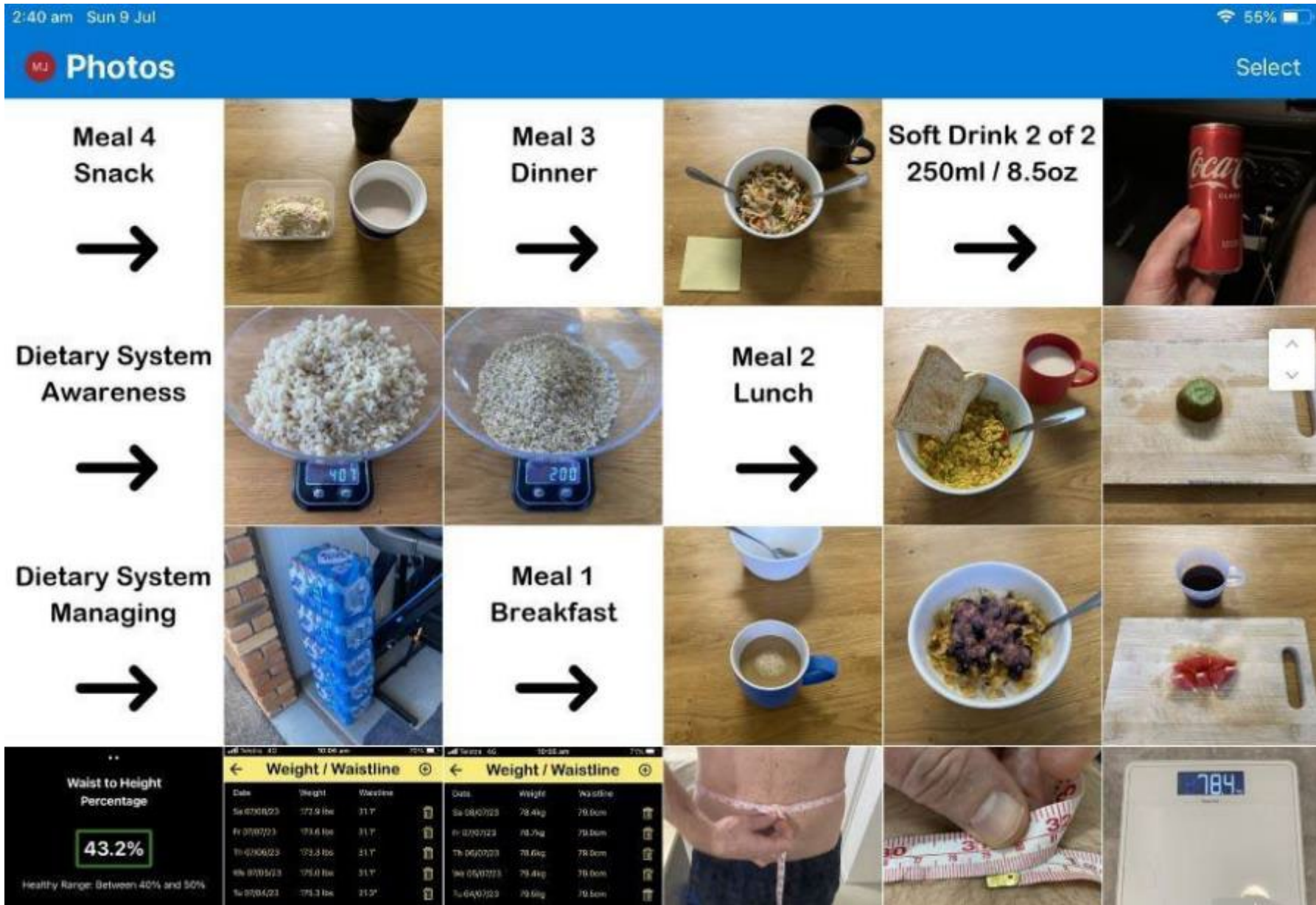


Day / Date / Time of Measurements: Sunday, July 9th, 11.10am
 Note: ... and I look forward to having them each week too. For myself now, it's either two Coke or one Coke and one Sprite, what I did find-

Pounds / Inches: 173 lbs / 31.1 in
 Kilograms / Centimetres: 78.5 kgs / 79 cm
 -interesting recently was the different Calorie Counts each drink has ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



| | |
|---|---|
| Day / Date / Time of Measurements: Saturday, July 8th, 10am | Pounds / Inches: 172.9 lbs / 31.1 in |
| Note: ... in different countries, and that a combination of Coke / Sprite each week both totalled 180 Calories in my drinking setup. In Aus, a- | Kilograms / Centimetres: 78.4 kgs / 79 cm |
| | -250 ml Coke is 108 Cals, and 250 ml Sprite is 72 Cals, totalling 180 Cals... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

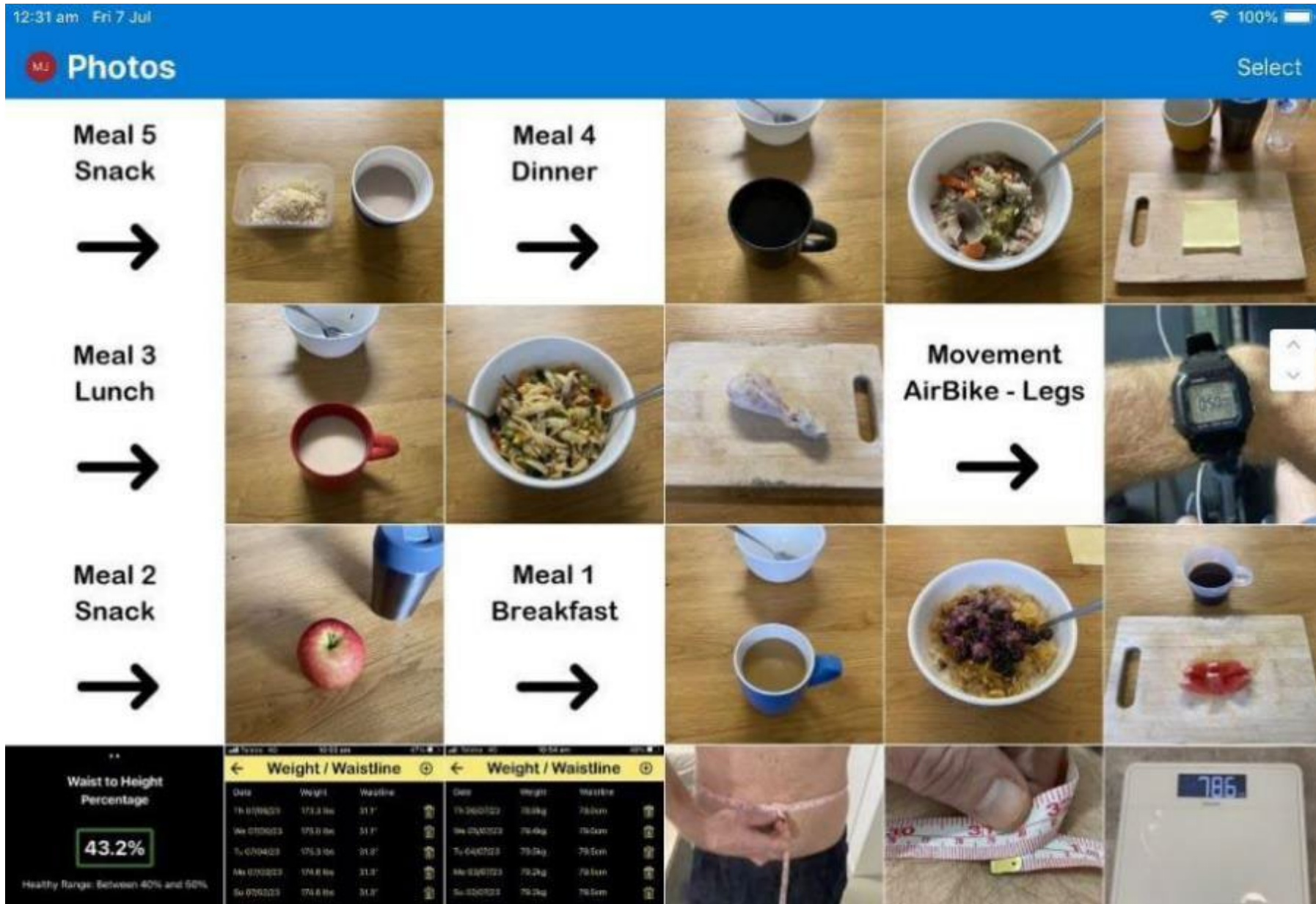


Day / Date / Time of Measurements: Friday, July 7th, 9.35am
 Note: ..But in the US, both the 7.5 fl oz Coke and Sprite are each 90 Cals, making the same 180 Calorie weekly total in America as in Australia.

Pounds / Inches: 173.6 lbs / 31.1 in
 Kilograms / Centimetres: 78.7 kgs / 79 cm
 7.5 oz soft drink cans can only be bought in 6 packs, rest sitting in fridge.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

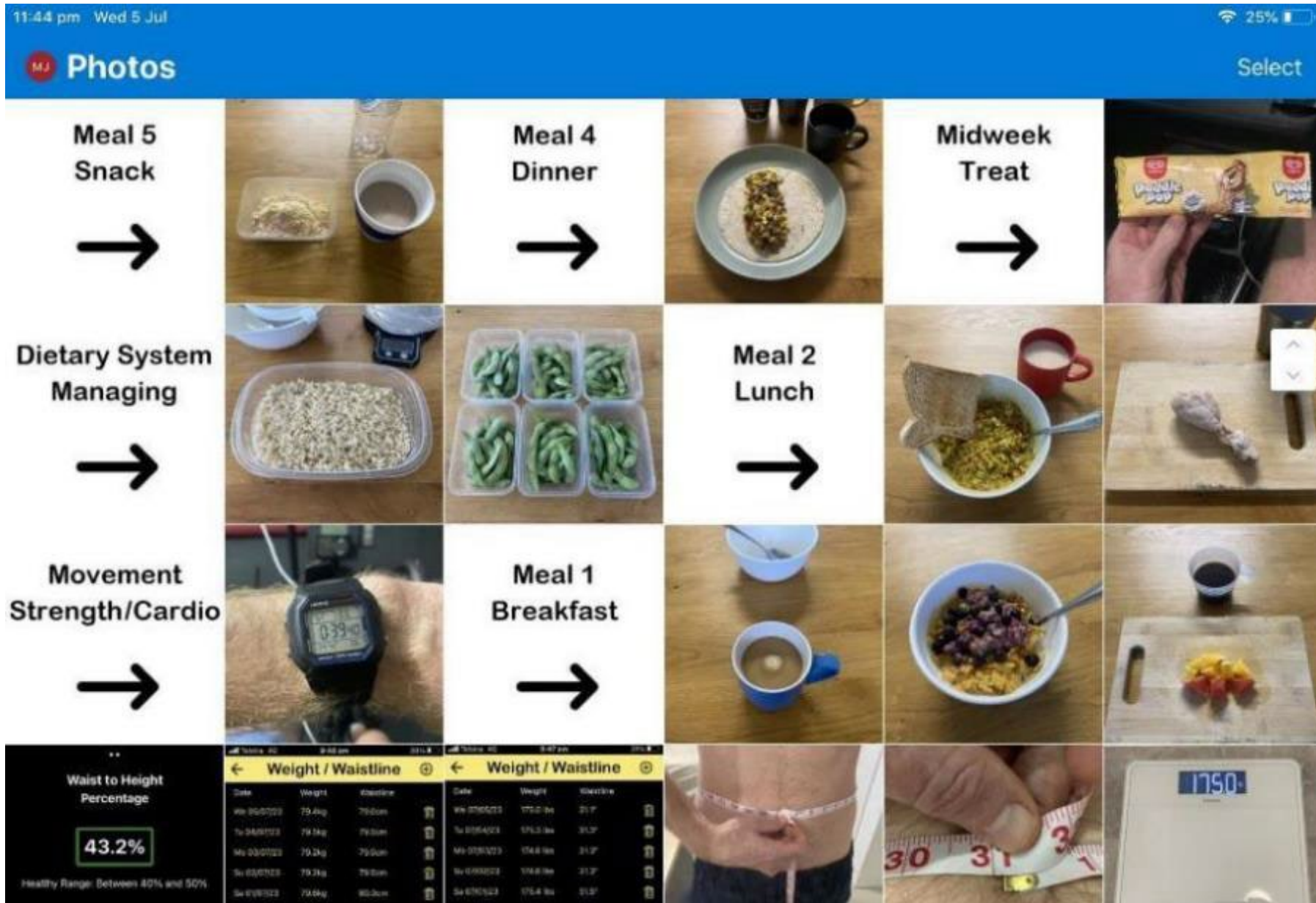


Day / Date / Time of Measurements: Thursday, July 6th, 10.50am
 Note: This trip to America is the first time I've stored soft drinks in my fridge, since adding the two weekly cans and two ice creams (usually)-

Pounds / Inches: 173.3 lbs / 31.1 in
 Kilograms / Centimetres: 78.6 kgs / 79 cm
 -each week, I always had to go out to get them, but I couldn't find the ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

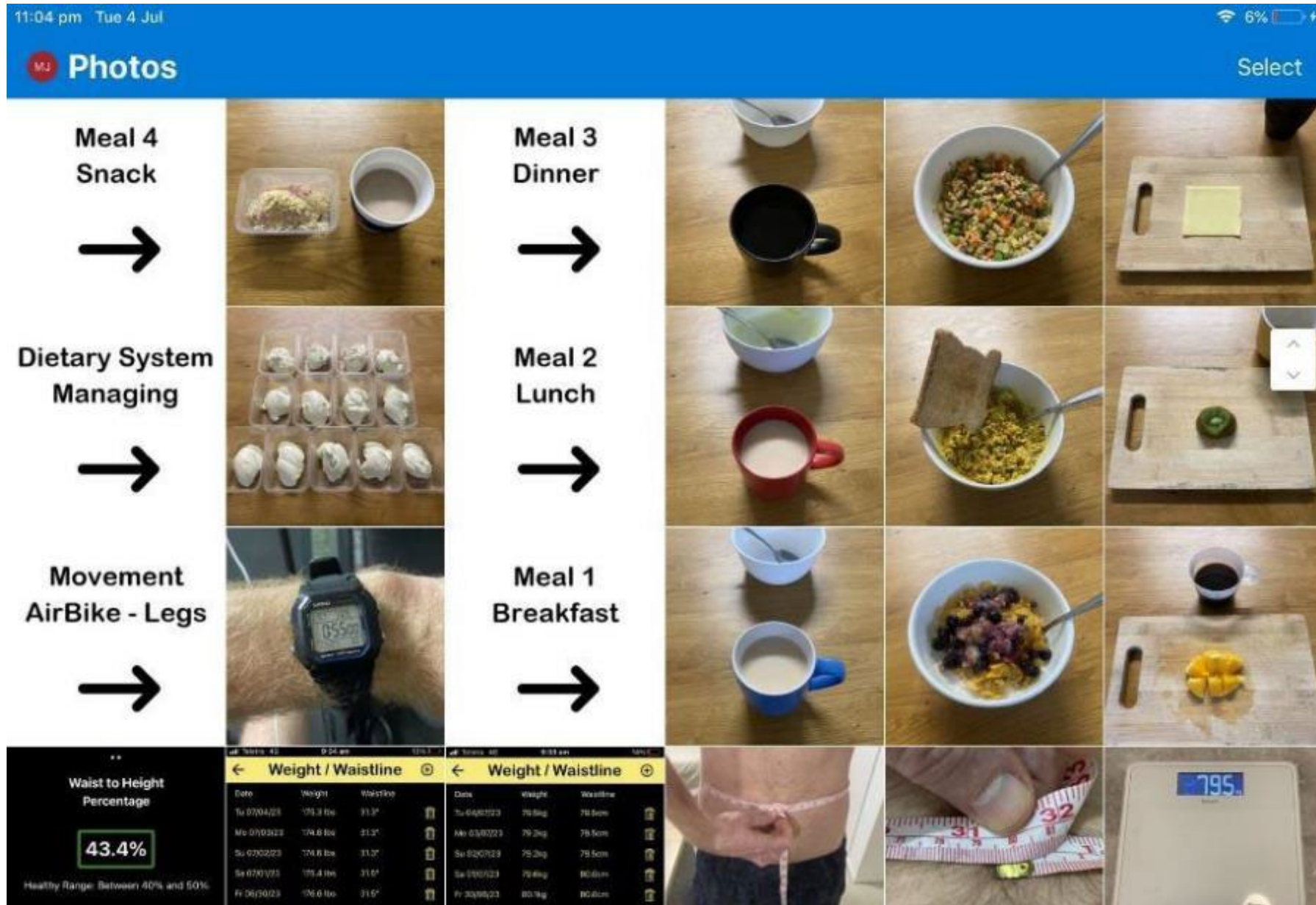


Day / Date / Time of Measurements: Wednesday, July 5th, 9.45am
 Note: .. 7.5 oz cans being sold on their own, I've not felt like having one can of soft drink with them in the fridge and so easily accessible, and I-

Pounds / Inches: 175 lbs / 31.1 in
 Kilograms / Centimetres: 79.4 kgs / 79 cm
 -think it's a sign that I have a strong dietary system in place. A strong ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

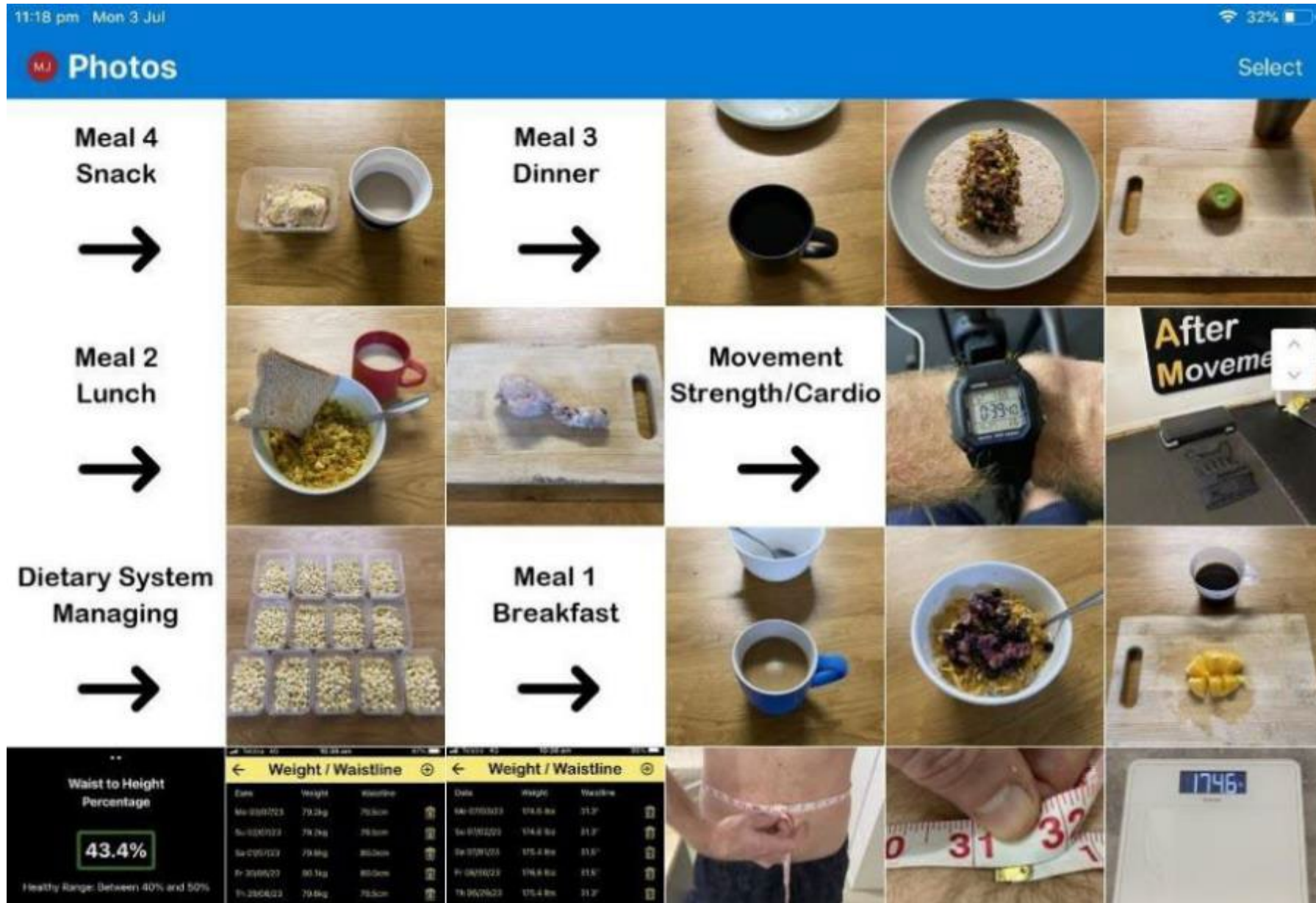


Day / Date / Time of Measurements: Tuesday, July 4th, 9.30am
 Note: ... dietary system I think is the best defence to temptation, which let's face it, delicious tempting foods and drinks are everywhere, and-

Pounds / Inches: 175.3 lbs / 31.1 in
 Kilograms / Centimetres: 79.5 kgs / 79.5 cm
 -are so easy to access, cost, availability. Dietary system = Game changer.

Improvement After Movement

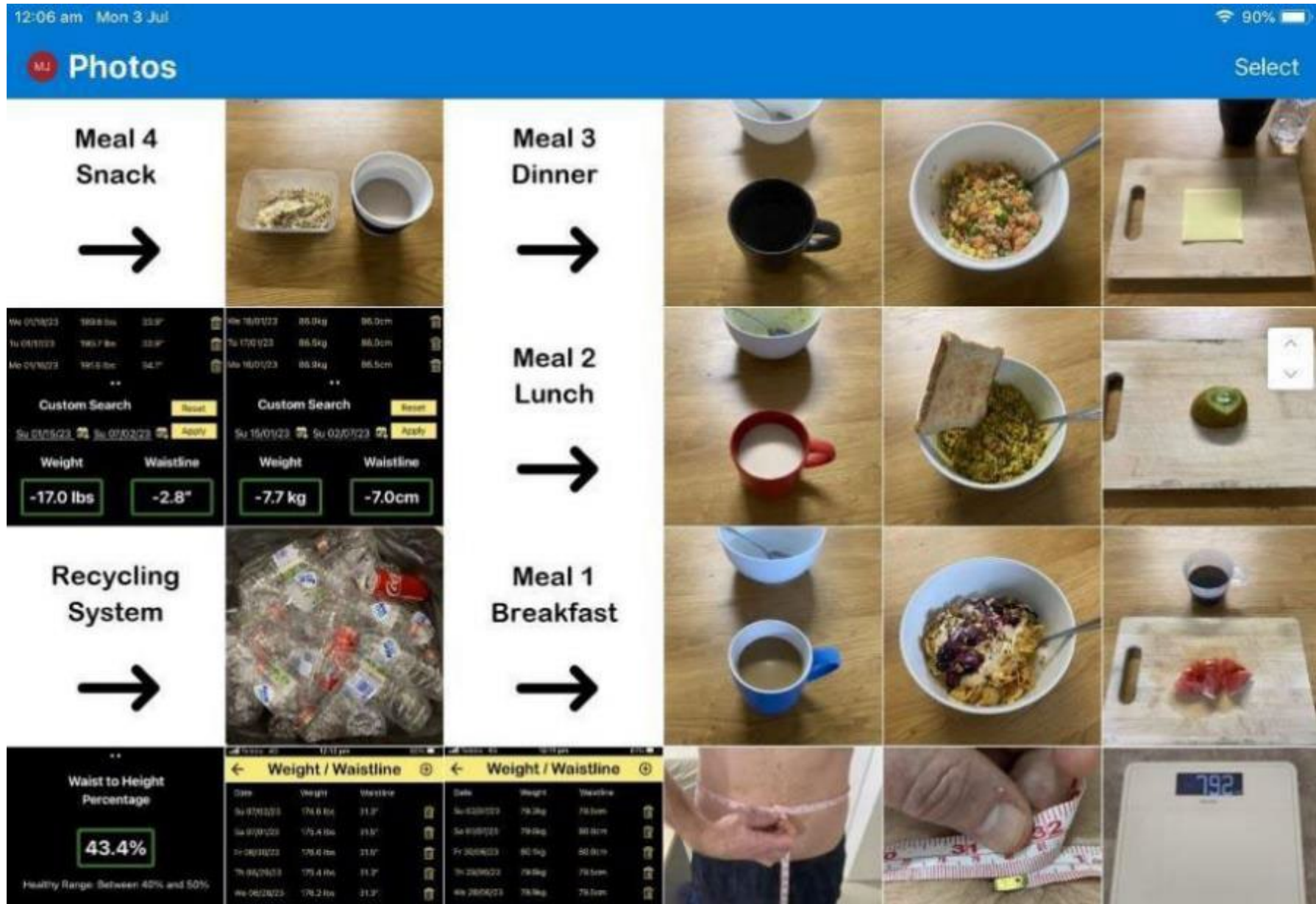
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Monday, July 3rd, 10.35am
 Note: See the black weight vest on the ground in my Movement photos, I changed from doing heavier two leg strength movements to doing-
 Pounds / Inches: 174.6 lbs / 31.3 in
 Kilograms / Centimetres: 79.2 kgs / 79.5 cm
 -single leg movements, for 2 reasons, 1, I have a little shoulder injury, ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

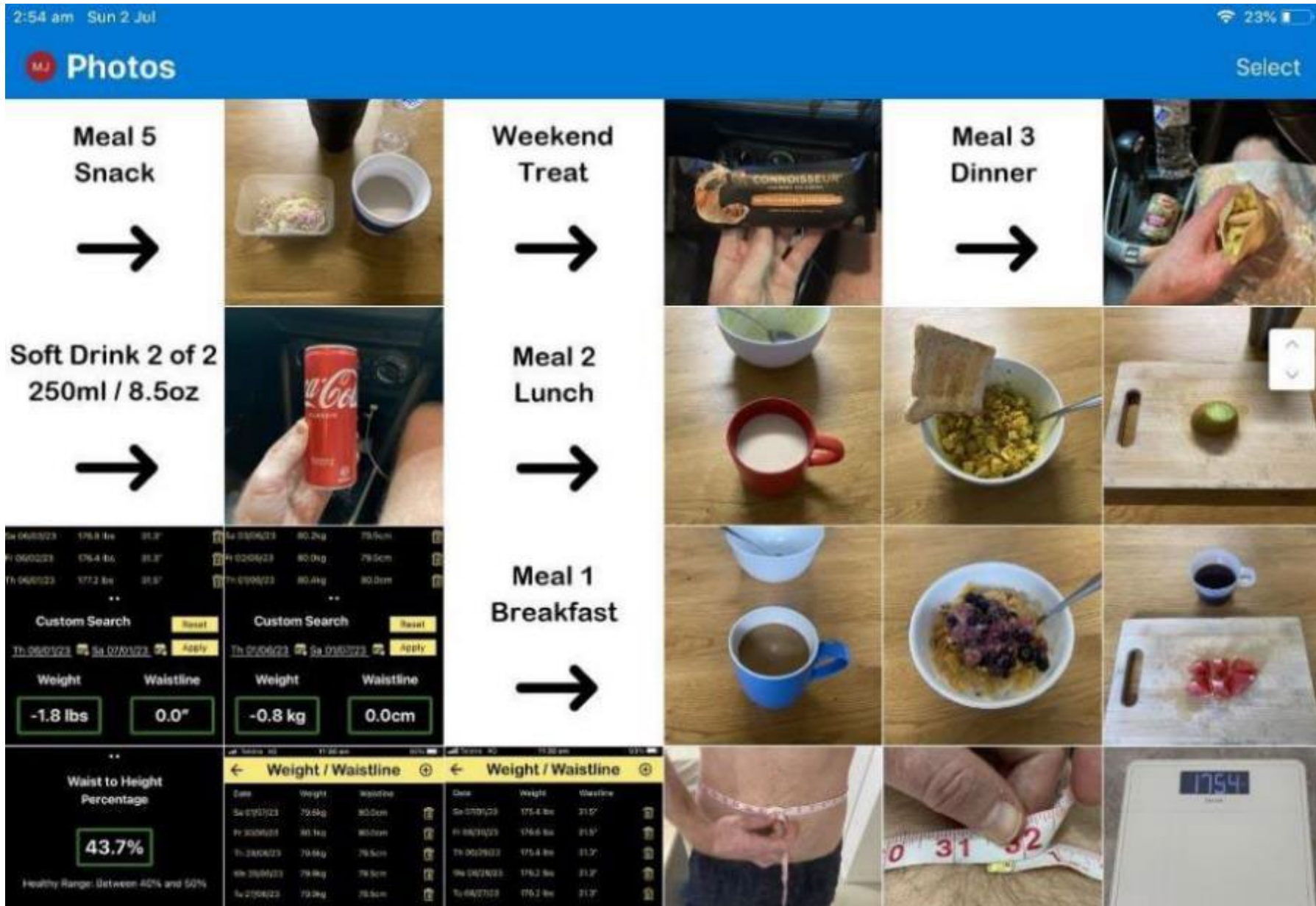


Day / Date / Time of Measurements: Sunday, July 2nd, 12.05pm
 Note: ... 2, I also have an imbalance in my hips which I want to correct.
 By doing lighter single leg split squats, it strengthens/stretches each leg.

Pounds / Inches: 174.6 lbs / 31.3 in
 Kilograms / Centimetres: 79.2 kgs / 79.5 cm
 Custom Search Note: See the 7.7 kg / 7 cm Weight / Waistline screen, ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Saturday, July 1st, 11.25am | Pounds / Inches: 175.4 lbs / 31.5 in |
| Note: ... that's my progress since Jan 16 to July 2. Since slowing down to let injury heal and rebalance hips, I've had some muscle loss, I think- | Kilograms / Centimetres: 79.6 kgs / 80 cm |
| | -it's about 0.7 kg / 1.5 lbs. Before reducing weights, was 6.5 kg / 6.5 cm. |

Improvement After Movement


How To Get To Q1 Waist to Height (WtH)

3:40 am Sat 1 Jul 100%

MJ Photos Select


**Meal 5
Snack**

→




**Meal 4
Dinner**

→




**Meal 3
Snack**

→




**Soft Drink 1 of 2
250ml / 8.5oz**

→




**Meal 2
Lunch**

→




**Meal 3
Snack**

→




**Movement
AirBike - Combo**

→




**Meal 2
Lunch**

→



**Meal 1
Breakfast**

→



Waist to Height Percentage

43.7%




Healthy Range: Between 40% and 50%

Weight / Waistline

| Date | Weight | Waistline |
|-------------|-----------|-----------|
| Fr 06/30/23 | 176.6 lbs | 31.5" |
| Th 06/29/23 | 175.4 lbs | 31.5" |
| Wa 06/28/23 | 176.2 lbs | 31.5" |
| Tu 06/27/23 | 176.2 lbs | 31.5" |
| Mo 06/26/23 | 177.1 lbs | 31.5" |

Weight / Waistline

| Date | Weight | Waistline |
|-------------|--------|-----------|
| Fr 30/06/23 | 80.7kg | 80.0cm |
| Th 29/06/23 | 79.6kg | 79.5cm |
| We 28/06/23 | 79.8kg | 79.5cm |
| Tu 27/06/23 | 79.9kg | 79.5cm |
| Mo 26/06/23 | 80.3kg | 79.5cm |

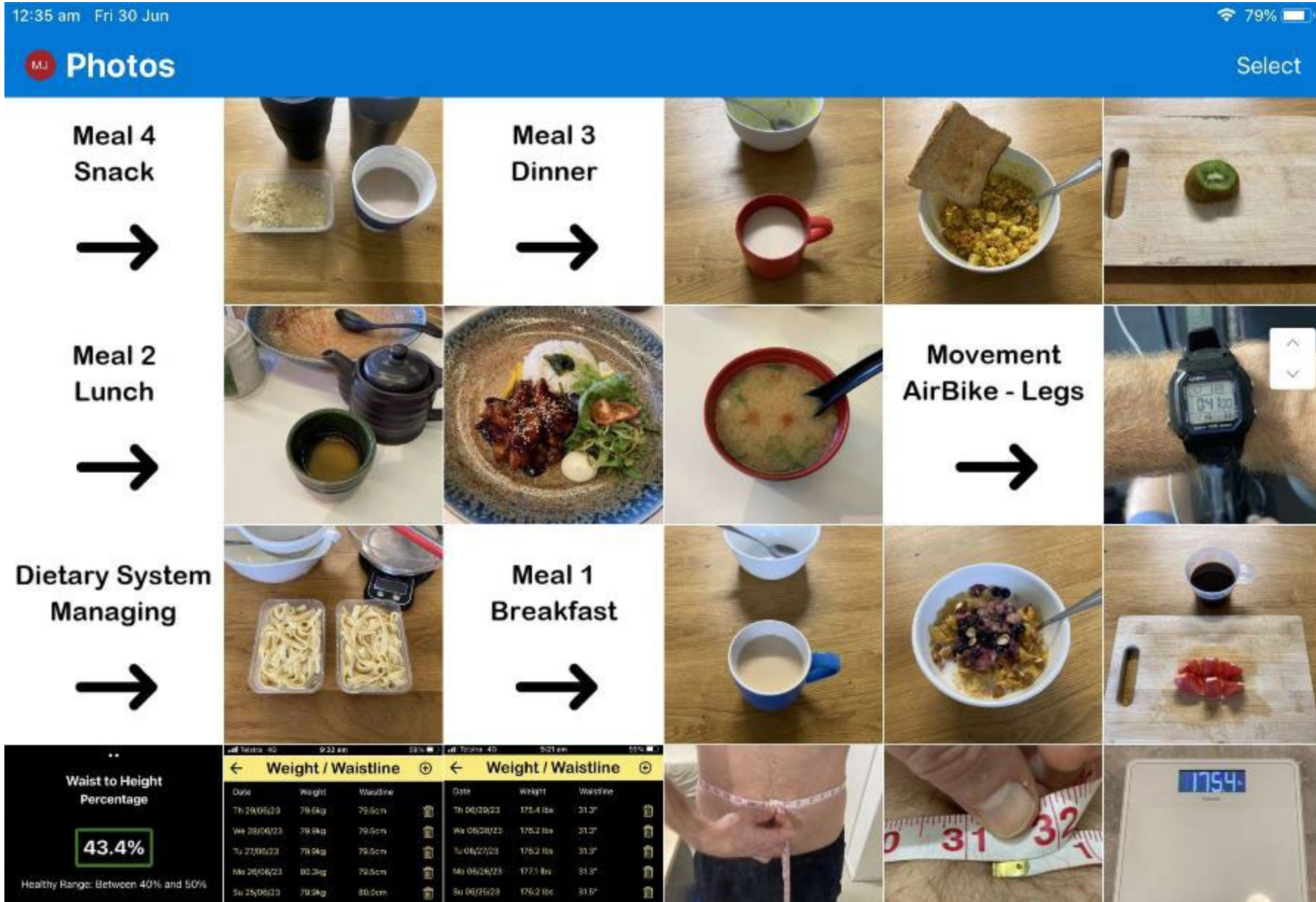




Day / Date / Time of Measurements: Friday, June 30th, 9.05am
 Note: Where you see both black and silver reusable drinking cups in background of M3 / M4 photos, black cup nearly always means coffee,-

Pounds / Inches: 176.6 lbs / 31.5 in
 Kilograms / Centimetres: 80.1 kgs / 80cm
 -and silver cup nearly always means tea.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

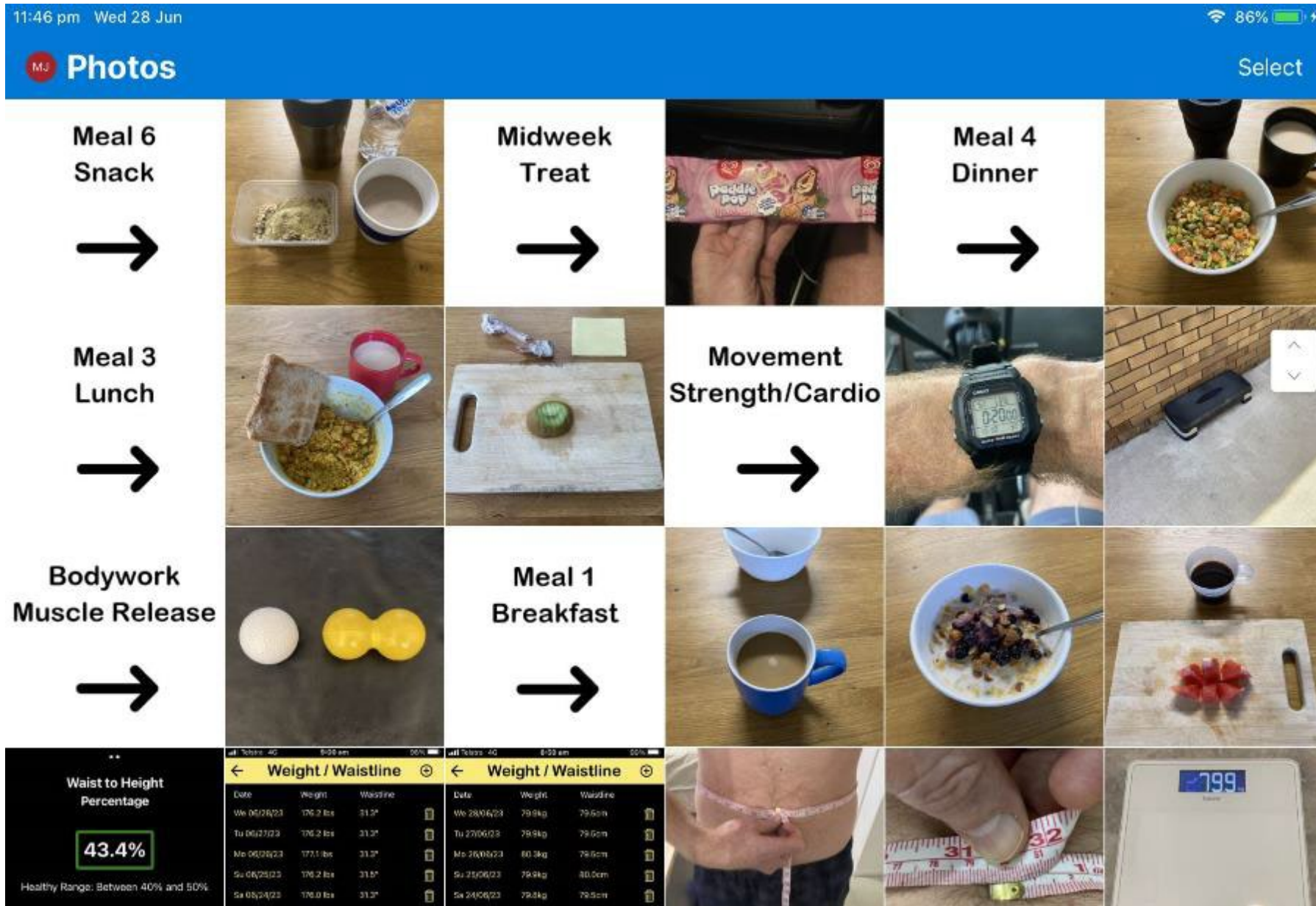


Day / Date / Time of Measurements: Thursday, June 29th, 9.15am
 Note: You'll see in the July 18 photos four containers of pasta, it's the same quantity of pasta I'm making, I simply started spreading it across-

Pounds / Inches: 175.4 lbs / 31.3 in
 Kilograms / Centimetres: 79.6 kgs / 79.5 cm
 -4 servings instead of 2, this is 2 x 2 servings of grains in FGPyramid.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

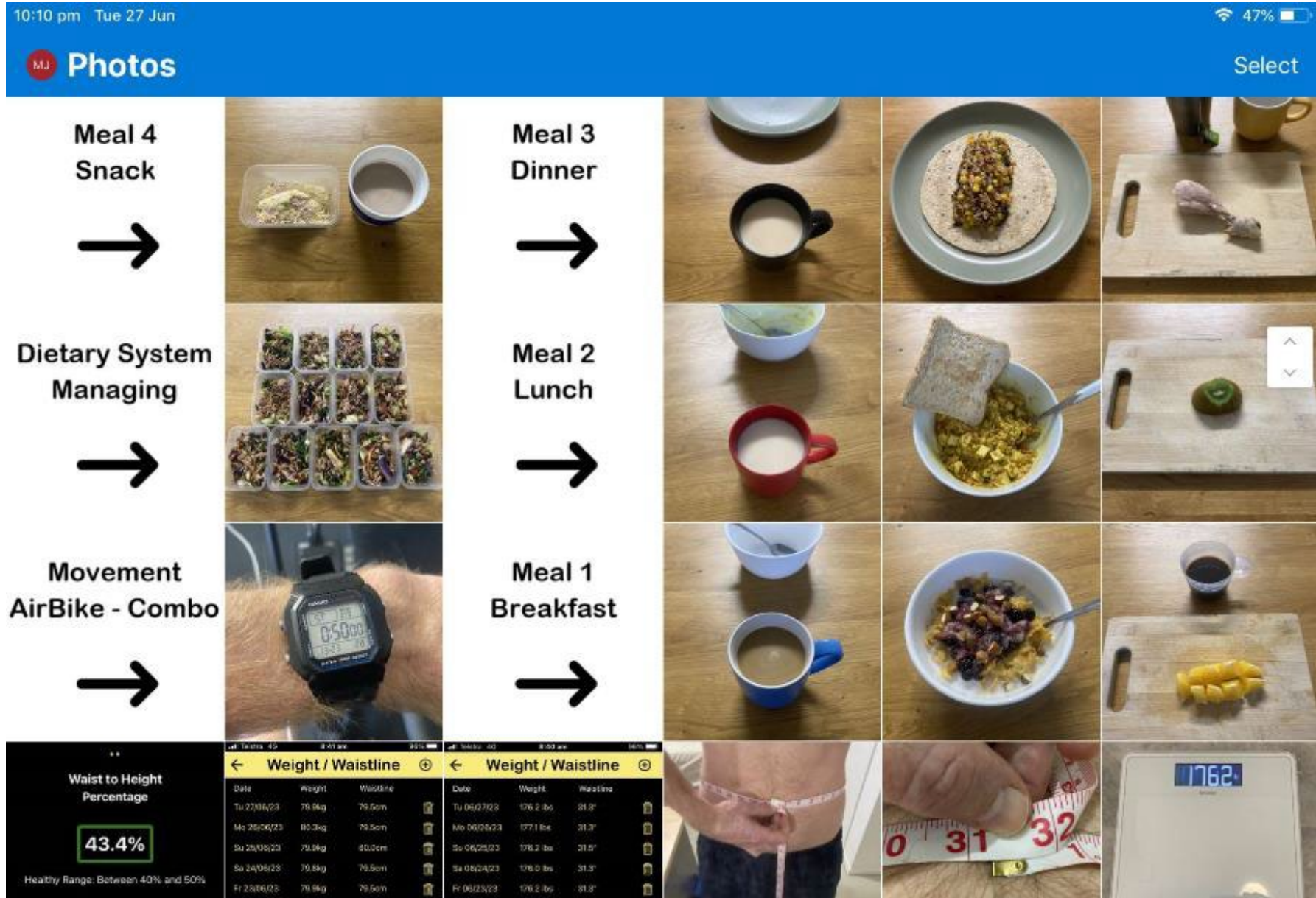


Day / Date / Time of Measurements: Wednesday, June 28th, 8.55am
 Note: In my Meal 1 Breakfast I've always added so far about 15g (1/2 oz) serving of chopped walnuts or almonds, today its almonds, walnuts is-

Pounds / Inches: 176.2 lbs / 31.3 in
 Kilograms / Centimetres: 79.9 kgs / 79.5 cm
 -more often.

Improvement After Movement

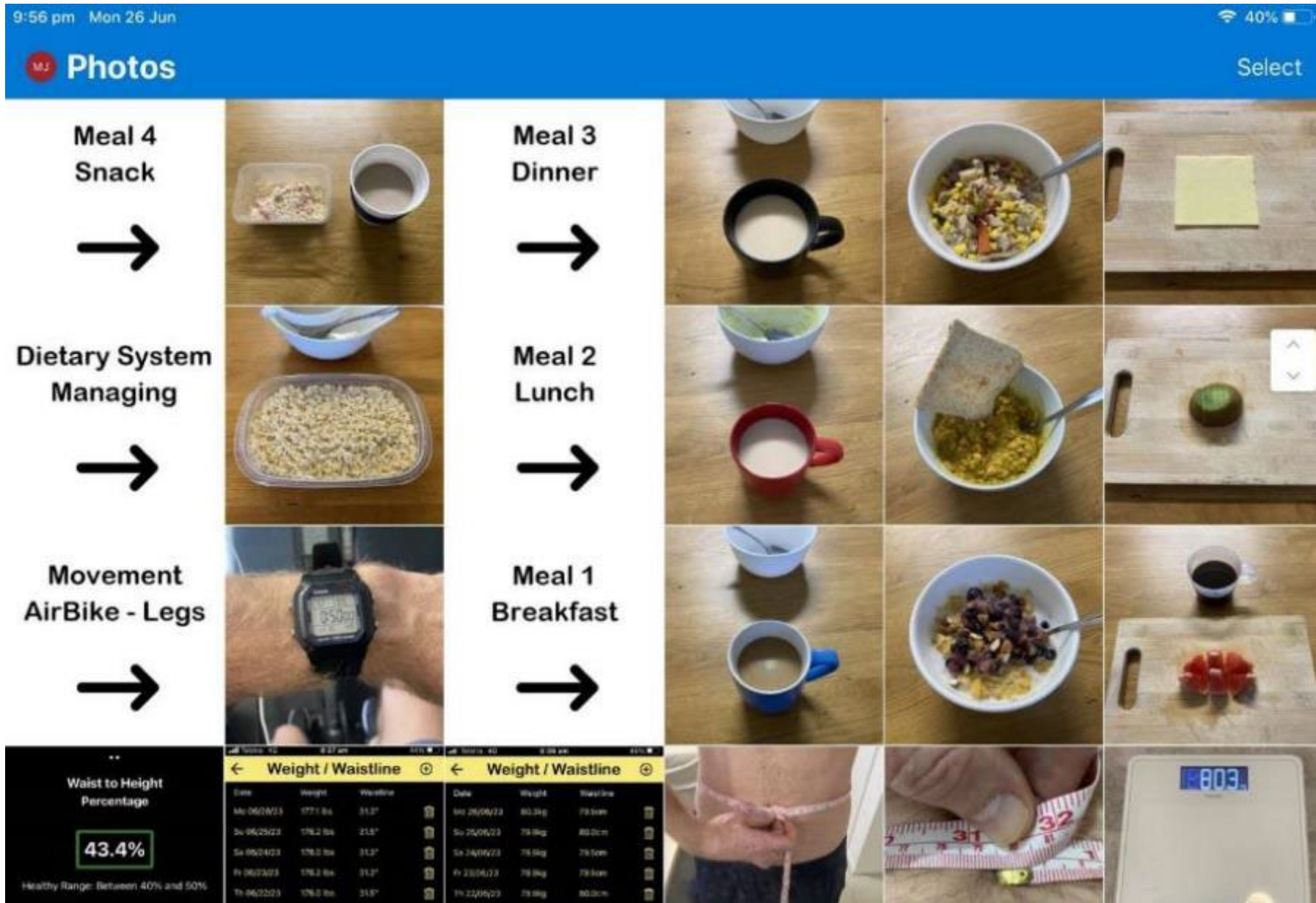
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Tuesday, June 27th, 8.35am
 Note: Making these 13 beef/pork/lamb and veggie mixes are so easy, and they're prepared, cooked, batched and in the freezer in less than-
 Pounds / Inches: 176.2 lbs / 31.3 in
 Kilograms / Centimetres: 79.9 kgs / 79.5 cm
 -30 minutes. The main way I've eaten them are in wraps with cheese.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

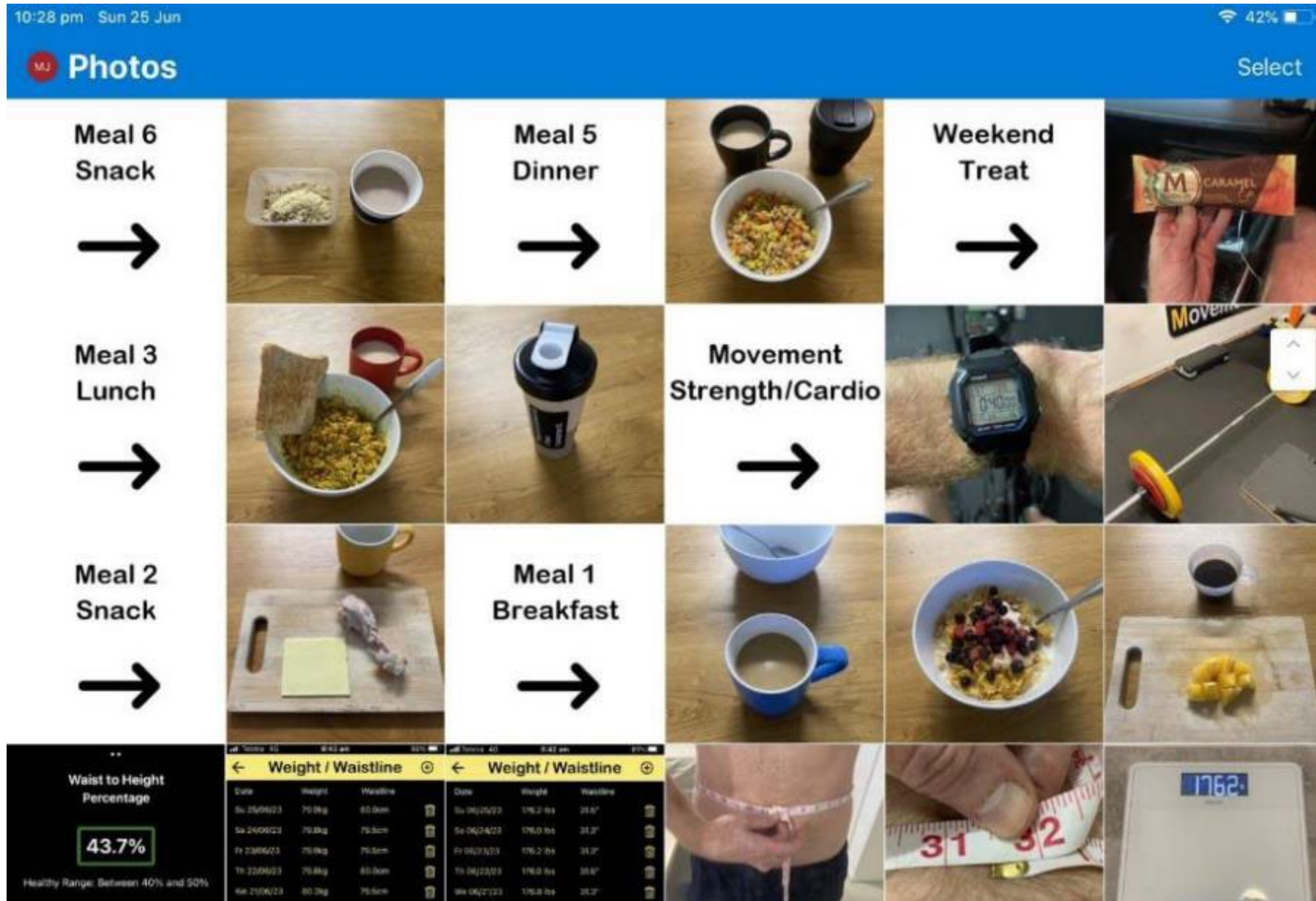


Day / Date / Time of Measurements: Monday, June 26th, 8.30am
 Note: Watching late night tv in the past had been a trigger for late night binges, I have a note in my health diary today that I had the thought to-

Pounds / Inches: 177.1 lbs / 31.3 in
 Kilograms / Centimetres: 80.3 kgs / 79.5 cm
 -have a binge tonight, I defeated it with this thought, "I've had enough."

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Sunday, June 25th, 8.40am
 Note: This was the heavier weights I mentioned lifting before injury, when you see the bar looking like this, with heavier weights, (it's not-

Pounds / Inches: 176.2 lbs / 31.5 in
 Kilograms / Centimetres: 79.9 kgs / 80 cm
 -that heavy) I'm doing deadlifts here.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

1:40 am Sun 25 Jun 60%

Photos Select

**Meal 5
Snack**

→

**Soft Drink 2 of 2
250ml / 8.5oz**

→

**Meal 2
Snack**

→

**Meal 4
Dinner**

→

**Meal 3
Lunch**

→

**Meal 1
Breakfast**

→

Waist to Height Percentage

43.4%

Healthy Range: Between 40% and 50%

Weight / Waistline

| Date | Weight | Waistline |
|-------------|-----------|-----------|
| Sa 06/24/23 | 176.0 lbs | 31.3" |
| Fr 06/23/23 | 176.2 lbs | 31.3" |
| Th 06/22/23 | 176.0 lbs | 31.3" |
| We 06/21/23 | 176.8 lbs | 31.3" |
| Tu 06/20/23 | 176.6 lbs | 31.3" |

Weight / Waistline

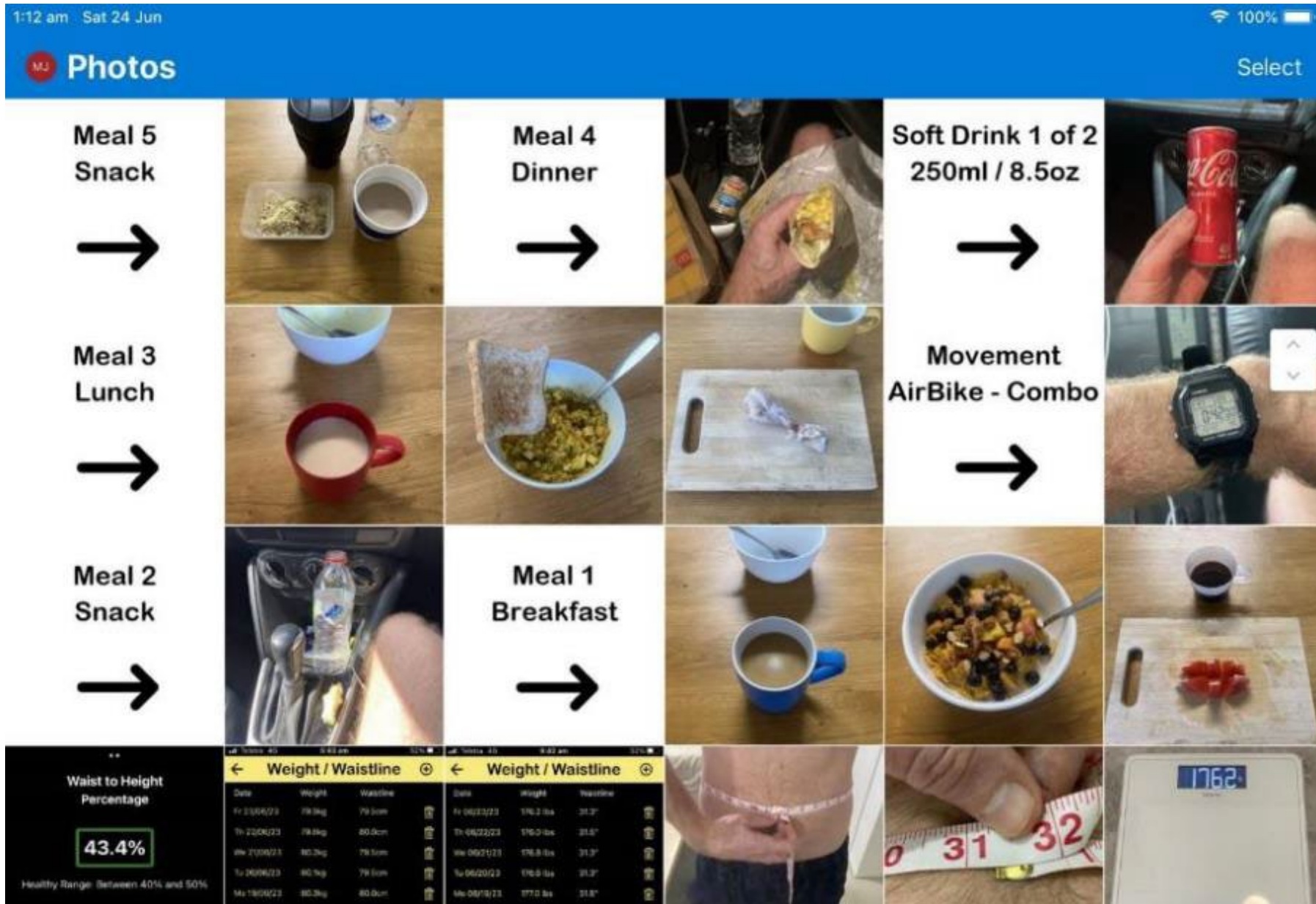
| Date | Weight | Waistline |
|-------------|--------|-----------|
| Sa 24/06/23 | 79.8kg | 79.5cm |
| Fr 23/06/23 | 79.9kg | 79.5cm |
| Th 22/06/23 | 79.9kg | 80.5cm |
| We 21/06/23 | 80.2kg | 79.5cm |
| Tu 20/06/23 | 80.1kg | 79.5cm |

Day / Date / Time of Measurements: Saturday, June 24th, 8.25am
 Note: I've had some people say to me that my dietary system doesn't contain a lot of variety, I going to respond now with, There's a bit, and I-

Pounds / Inches: 176 lbs / 31.3 in
 Kilograms / Centimetres: 79.8 kgs / 79.5 cm
 - place delicious above variety in my own dietary system. (+ Health too)

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

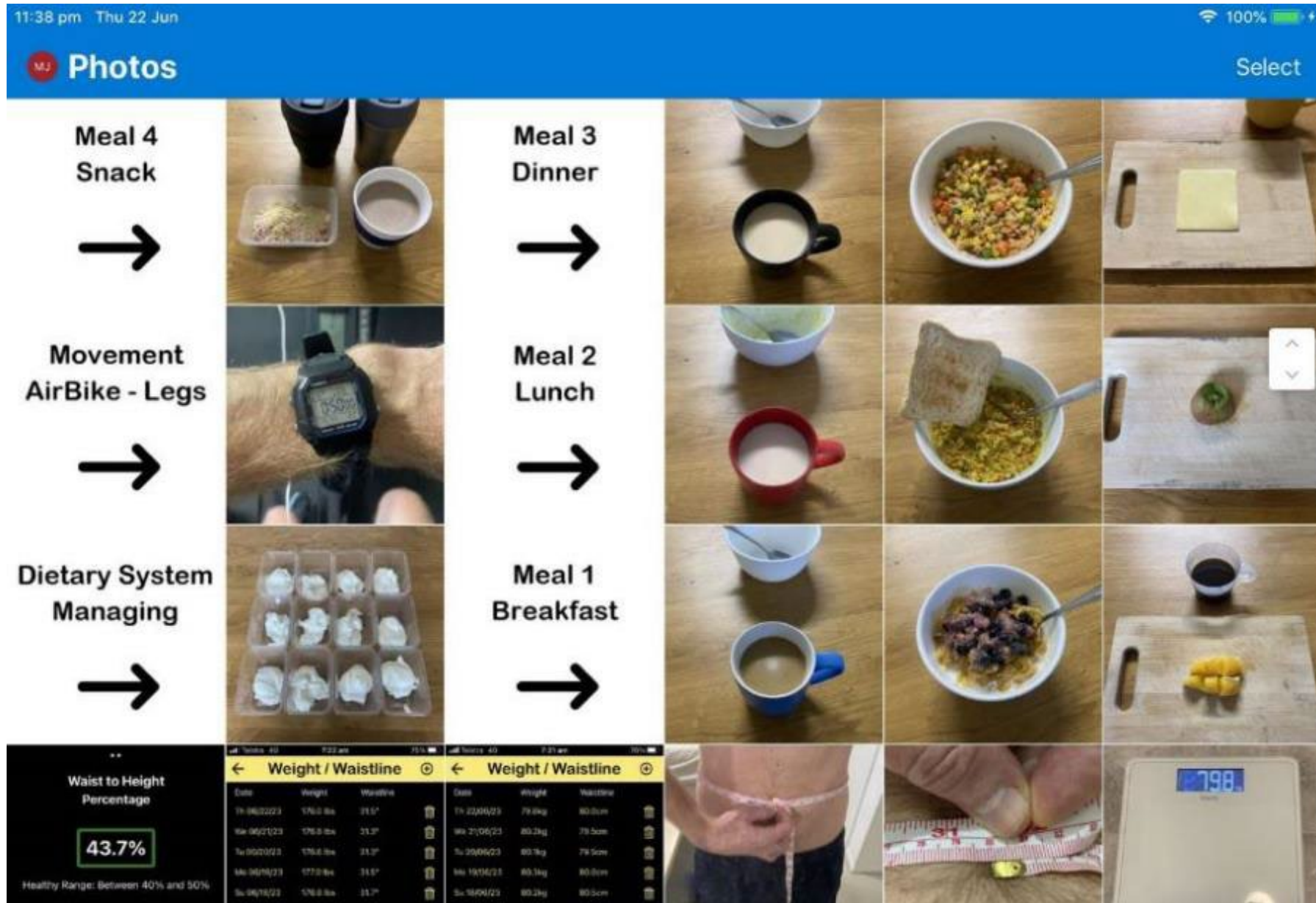


Day / Date / Time of Measurements: Friday, June 23rd, 9.40am
 Note: The cardio workouts I do on the AirBike aren't strenuous, I'm not puffed at the end of them, my heart rate is usually between 100 – 120-

Pounds / Inches: 176.2 lbs / 31.3 in
 Kilograms / Centimetres: 79.9 kgs / 79.5 cm
 -beats per minute by midway / end. (Based on 2 fingers on wrist count)

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Thursday, June 22nd, 7.20am
 Note: The beauty of buying larger yoghurt containers and spreading them out, and freezing them is you can find the number of serving's-

Pounds / Inches: 176 lbs / 31.5 in
 Kilograms / Centimetres: 79.8 kgs / 80 cm
 -that best suits you, these batches are used in my after-dinner snack.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

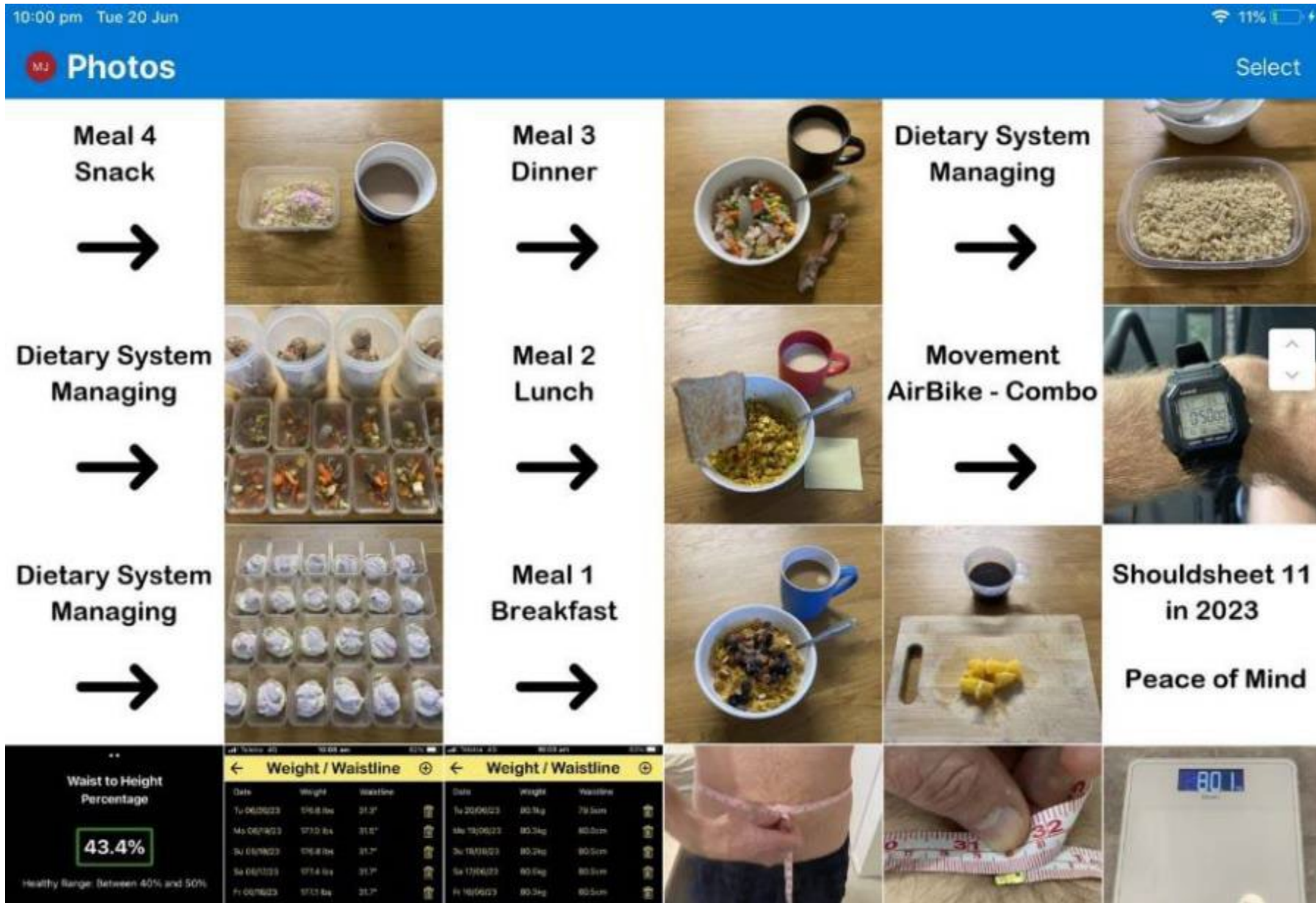


Day / Date / Time of Measurements: Wednesday, June 21st, 9.20am
 Note: Setting up quick & easy vegetable servings is so basic with frozen veggies, no matter where you live, every frozen veggie bag has the-

Pounds / Inches: 176.8 lbs / 31.3 in
 Kilograms / Centimetres: 80.2 kgs / 79.5 cm
 -total grams on the front, simply divide it by 75, that's 1 serving each.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

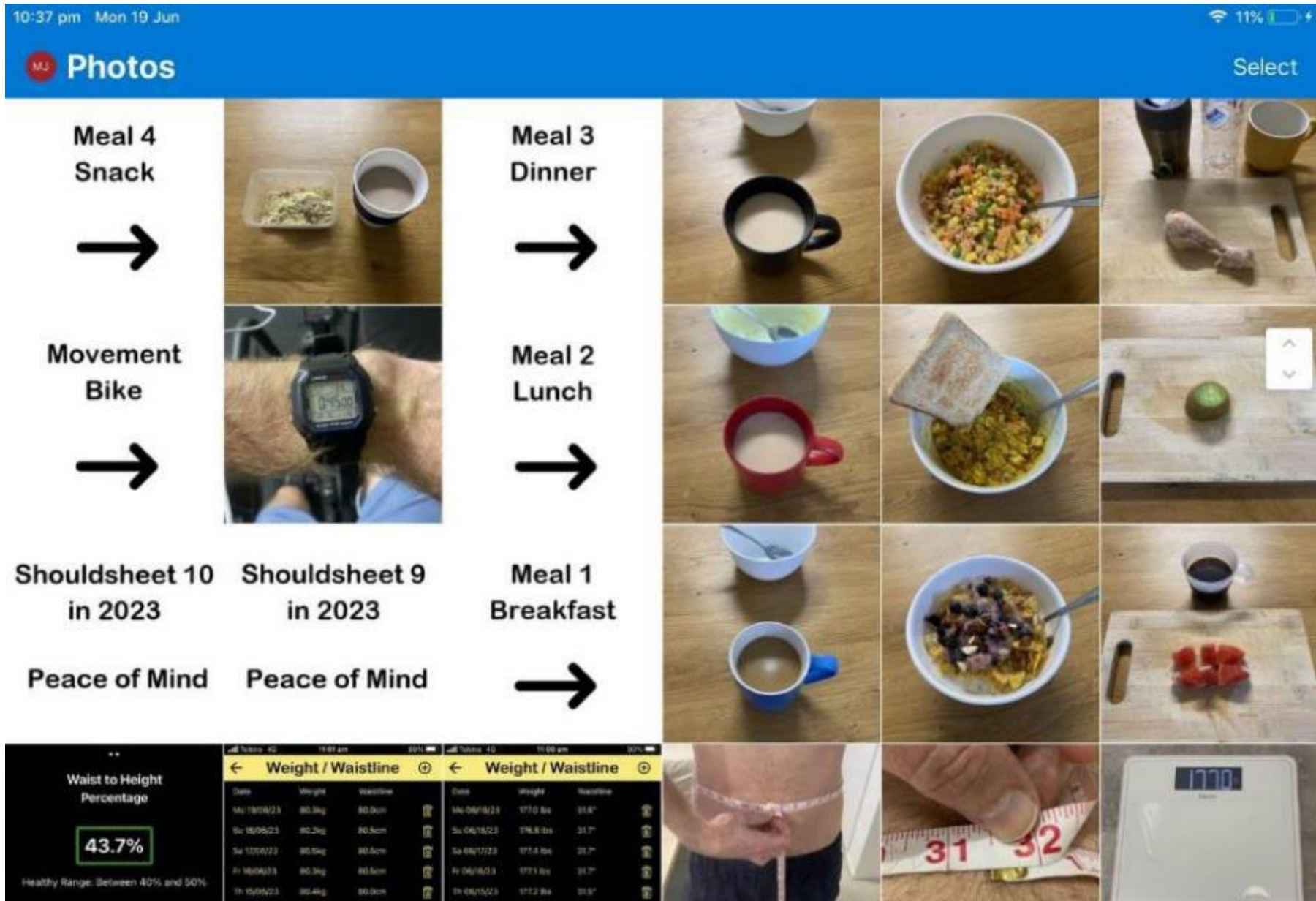


Day / Date / Time of Measurements: Tuesday, June 20th, 10.05am
 Note: The 24 containers of yoghurt above I add to my Breakfast meal, mixing it in with my oats portion, then I add the cup of Corn Flakes on-

Pounds / Inches: 176.6 lbs / 31.3 in
 Kilograms / Centimetres: 80.1 kgs / 79.5 cm
 -top of the oats.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

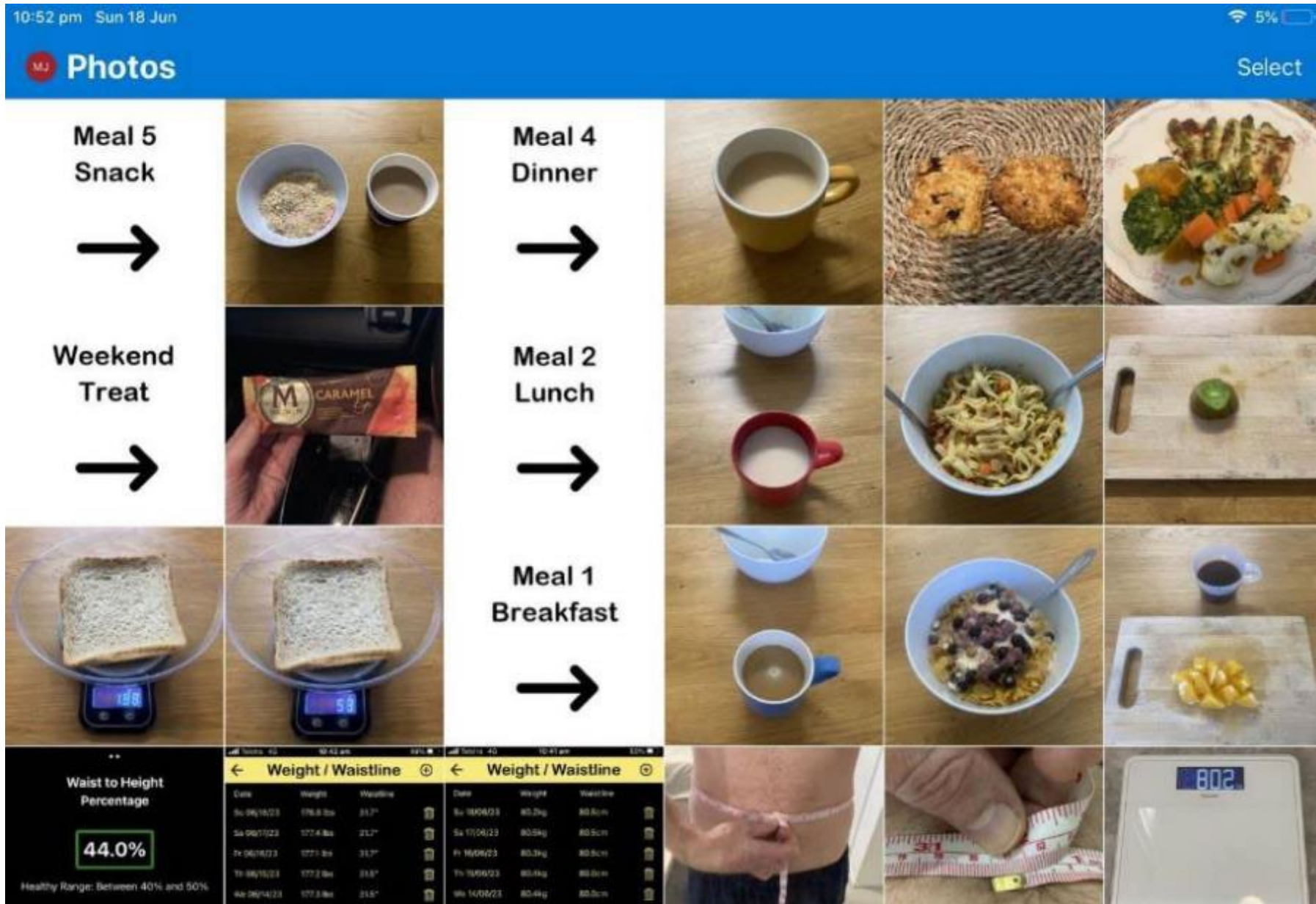


Day / Date / Time of Measurements: Monday, June 19th, 10.55am
 Note: Shouldsheet's are such a valuable tool for freeing myself from a stressed state of mind, I know it's time to do a Shouldsheet when-

Pounds / Inches: 177 lbs / 31.5 in
 Kilograms / Centimetres: 80.3 kgs / 80 cm
 -something continues to play on my mind over a 1 or 2 day period.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

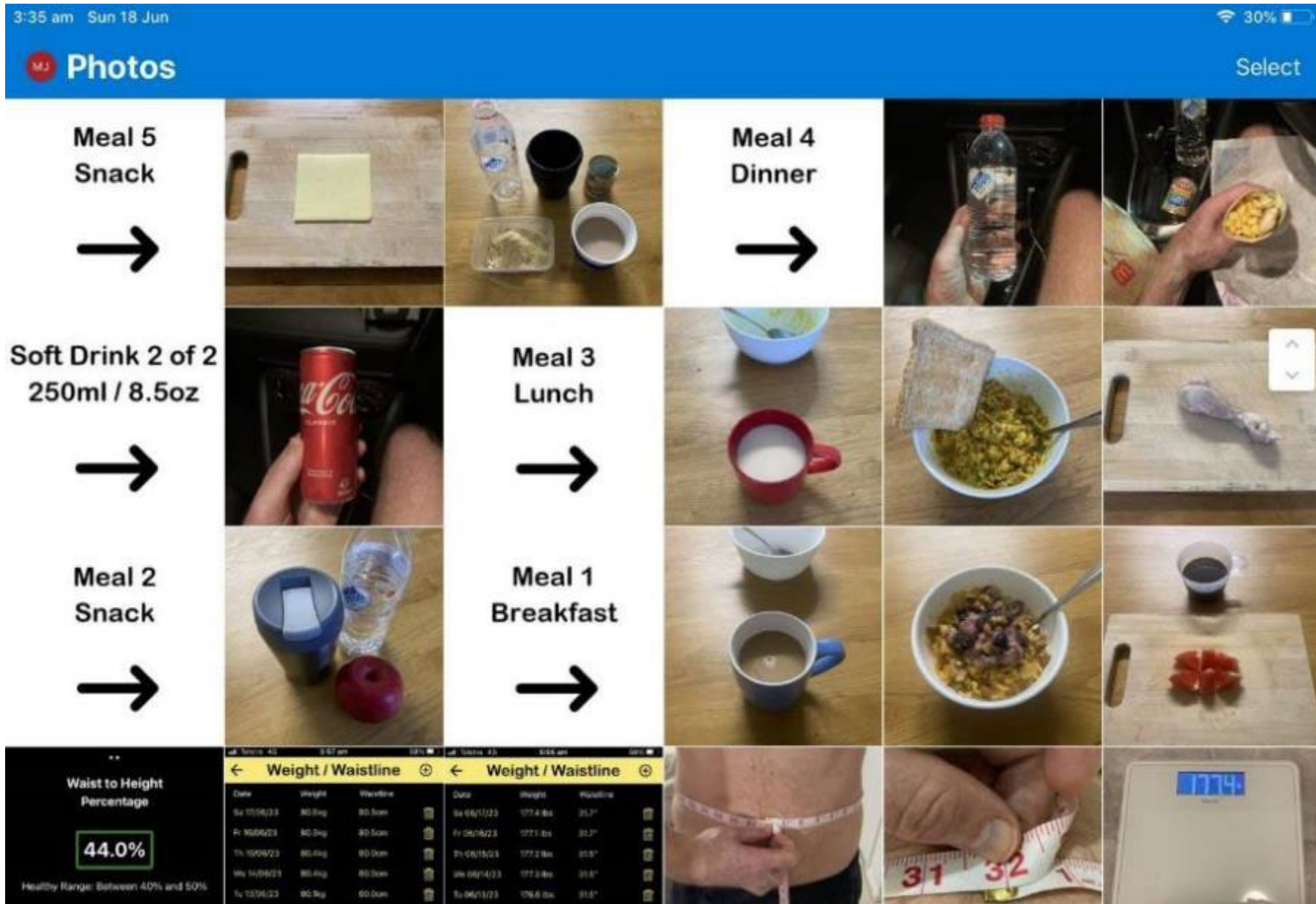


Day / Date / Time of Measurements: Sunday, June 18th, 10.40am
 Note: Today was a rest day for me, I'd only had 1 day in the previous 40 days where I didn't drive, (June 13) I wanted to get my August US trip-

Pounds / Inches: 176.8 lbs / 31.7 in
 Kilograms / Centimetres: 80.2 kgs / 80.5 cm
 -savings setup 1-2 months early, to free more time up as it drew closer.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

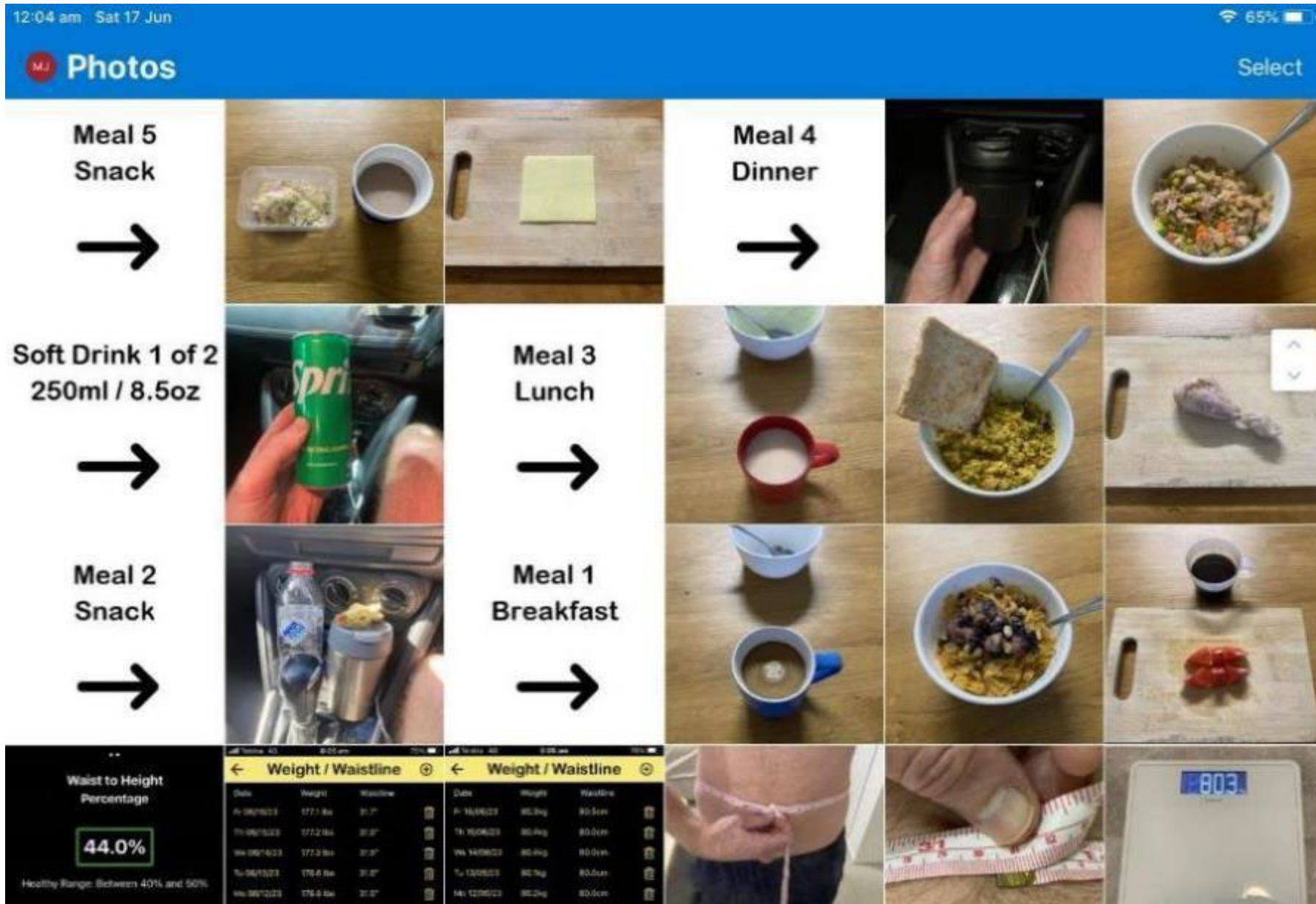


Day / Date / Time of Measurements: Saturday, June 17th, 5.55am
 Note: Had two valuable car ride conversations today, 1st Talking about Food Guide Pyramid grains mistake, Passenger: Because it didn't state-

Pounds / Inches: 177.4 lbs / 31.7 in
 Kilograms / Centimetres: 80.5 kgs / 80.5 cm
 -whole grains. Me: No, because it didn't state serving size weights. ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

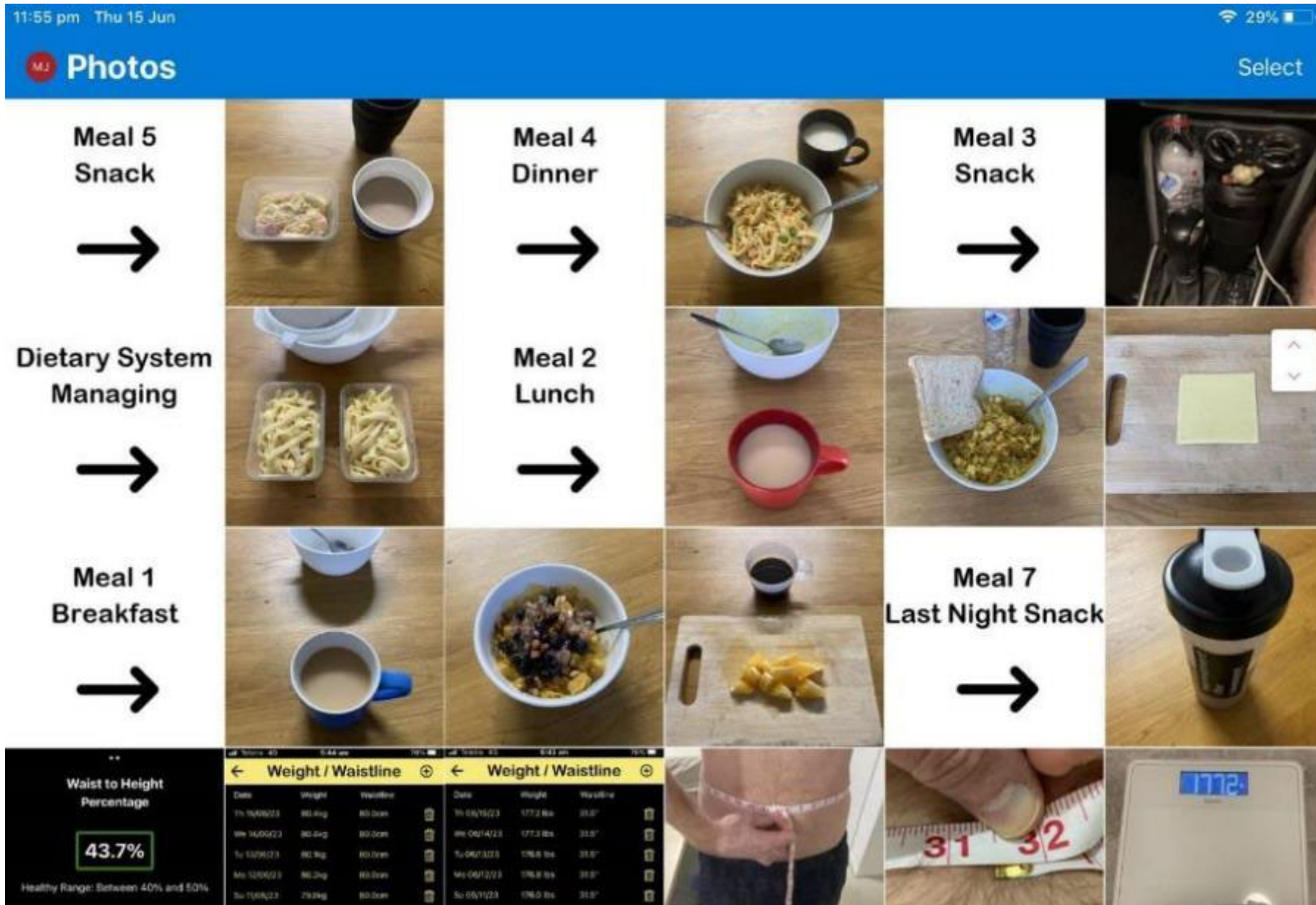


Day / Date / Time of Measurements: Friday, June 16th, 8am
 Note: 2nd I was telling a passenger that when I was trying to figure out Banting I put 5 kgs (11 lbs) back on after losing 7 kgs (15.5 lbs) in 8 wks-

Pounds / Inches: 177.1 lbs / 31.7 in
 Kilograms / Centimetres: 80.3 kgs / 80.5 cm
 -Passenger: Because you started eating bread again? Me: No, because ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

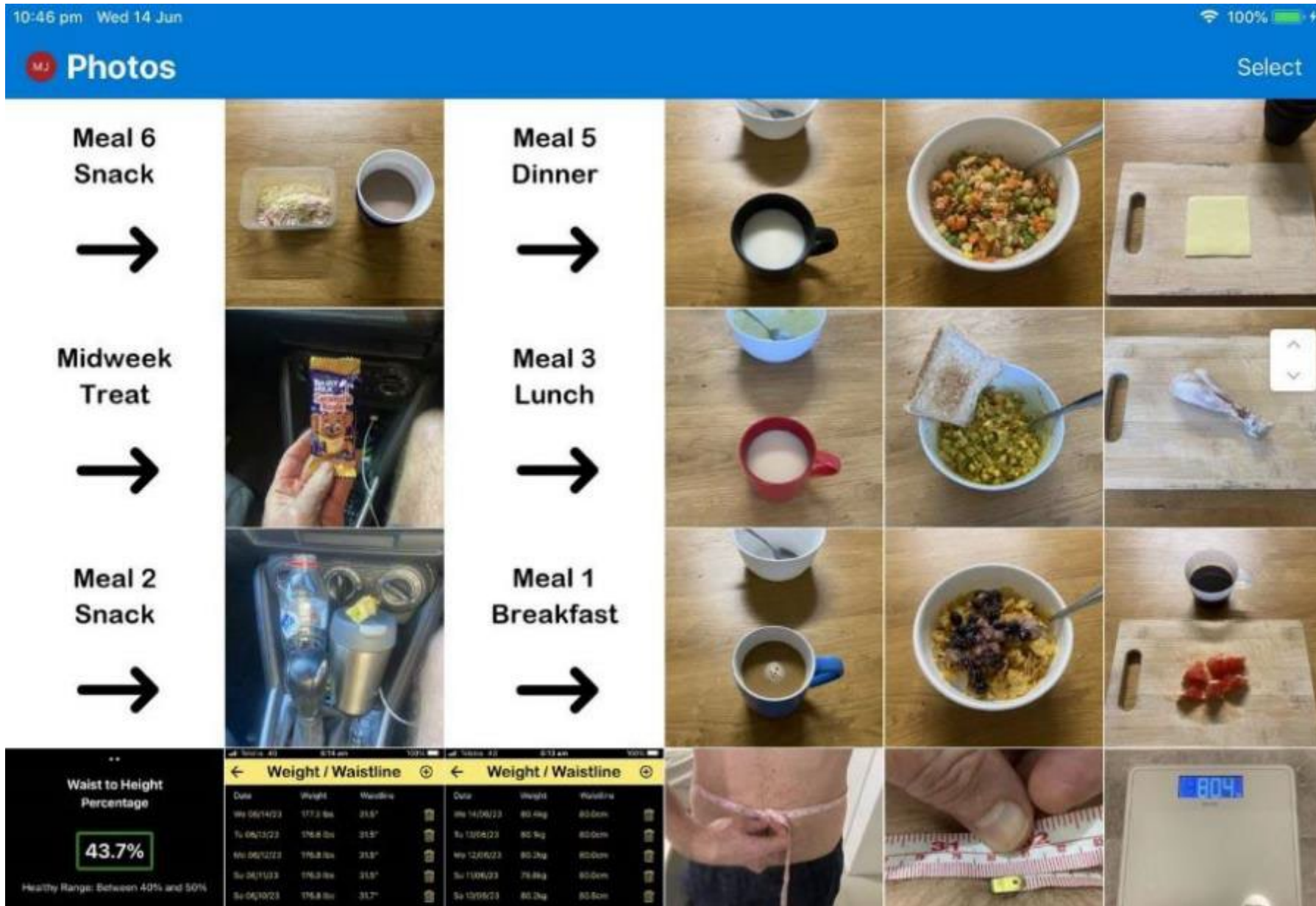


Day / Date / Time of Measurements: Thursday, June 15th, 6.40am
 Note: ... I couldn't sustain the diet I was eating that didn't include grains.
 Seeing that William Banting had a 1 oz piece of toast (bread) with two-

Pounds / Inches: 177.2 lbs / 31.5 in
 Kilograms / Centimetres: 80.4 kgs / 80 cm
 -of his daily meals, and his "plain boiled rice" comment helped so much.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

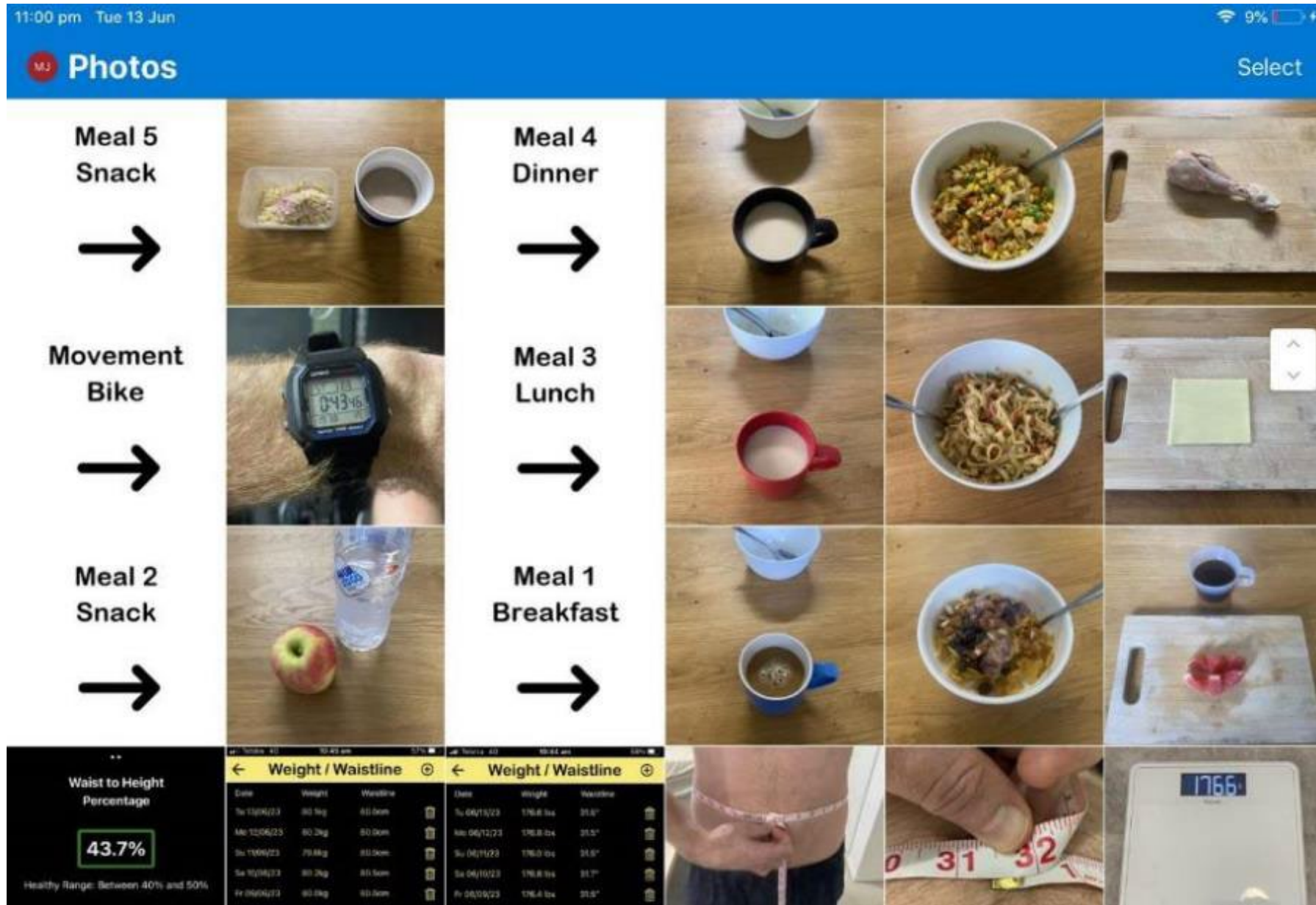


Day / Date / Time of Measurements: Wednesday, June 14th, 6.10am
 Note: Rare occasion when my Midweek or Weekend Treat's haven't been an ice-cream, I find with room temperature chocolate I eat it so-

Pounds / Inches: 177.3 lbs / 31.5 in
 Kilograms / Centimetres: 80.4 kgs / 80 cm
 -much faster than ice-cream, which takes me about 5 mins to eat.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

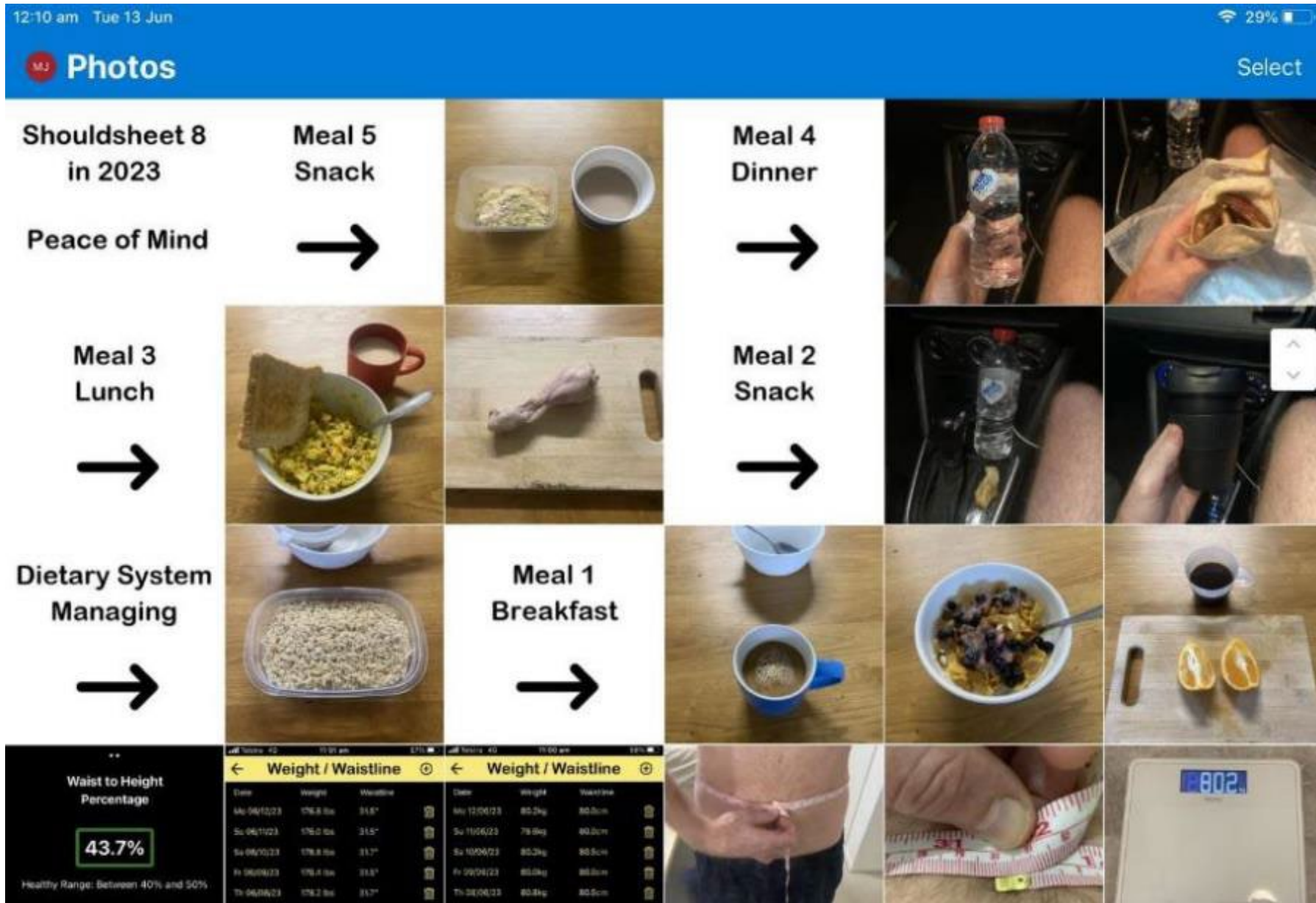


Day / Date / Time of Measurements: Tuesday, June 13th, 10.40am
 Note: This was the 1 day in 40 days I didn't drive, another benefit of working big hours was it was similar to Dec/Jan weeks which lead to-

Pounds / Inches: 176.6 lbs / 31.5 in
 Kilograms / Centimetres: 80.1 kgs / 80 cm
 -my 5 binges in 8 days experience, note from my health diary: "Worked..."

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

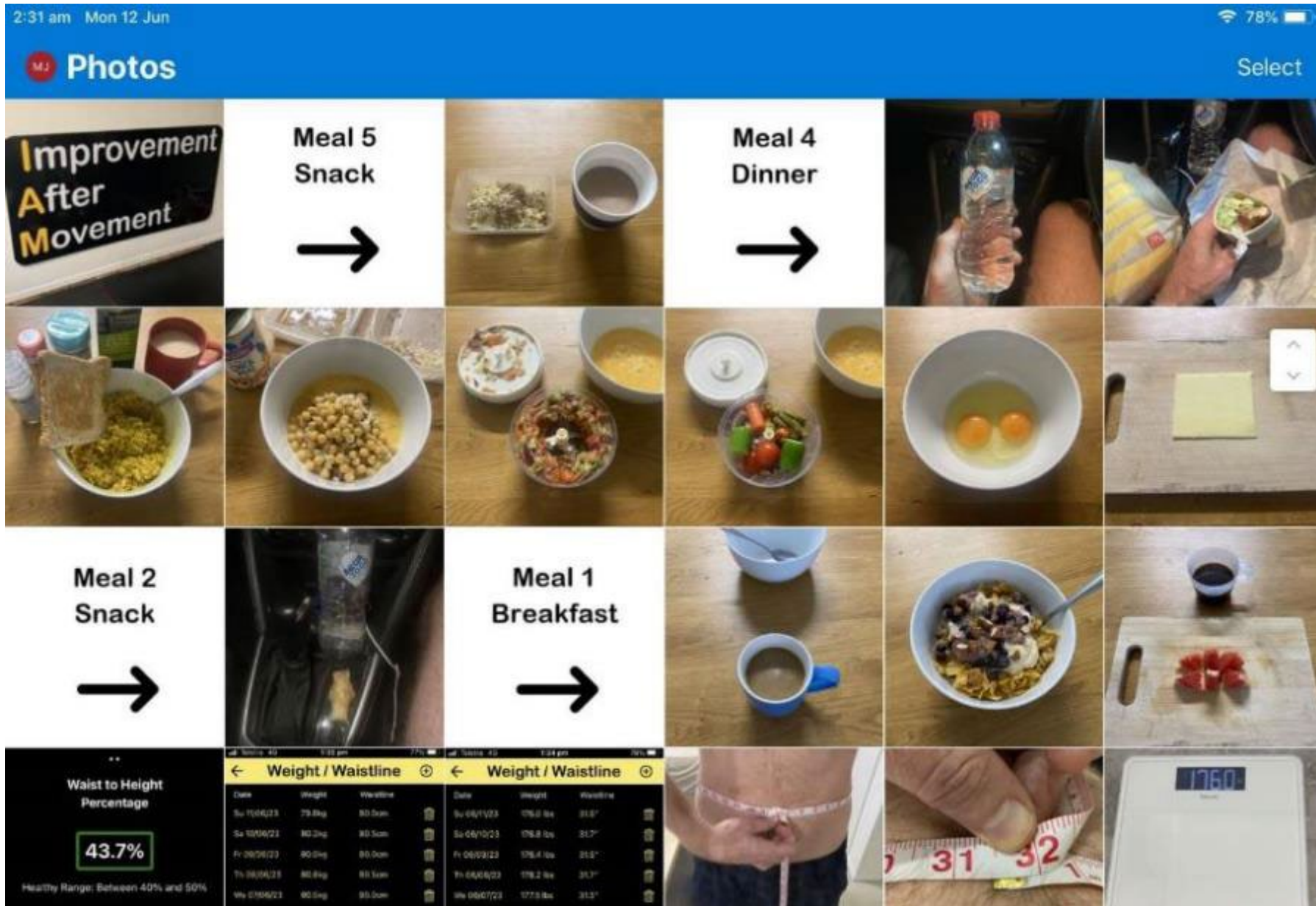


Day / Date / Time of Measurements: Monday, June 12th, 10.55am
 Note: ... big hours last 4 wks, no binges, (tired or otherwise) BUST works, along with strengthened dietary system, initially with the Paddle Pop-

Pounds / Inches: 176.8 lbs / 31.5 in
 Kilograms / Centimetres: 80.2 kgs / 80 cm
 -Experiment, then adding 2 x 250ml (8.5 oz) Coke cans a week, then ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Sunday, June 11th, 1.30pm | Pounds / Inches: 176 lbs / 31.5 in |
| Note: ... 700 Calories a week junk food.” (Foods from Tip of the Pyramid) | Kilograms / Centimetres: 79.8 kgs / 80 cm |
| The 3 rd row from the bottom, starting with 2 eggs is a visual of one of- | -my Veggs prep (Veggies and Eggs), 1 serve protein, 3 serves veggies, ... |

Improvement After Movement

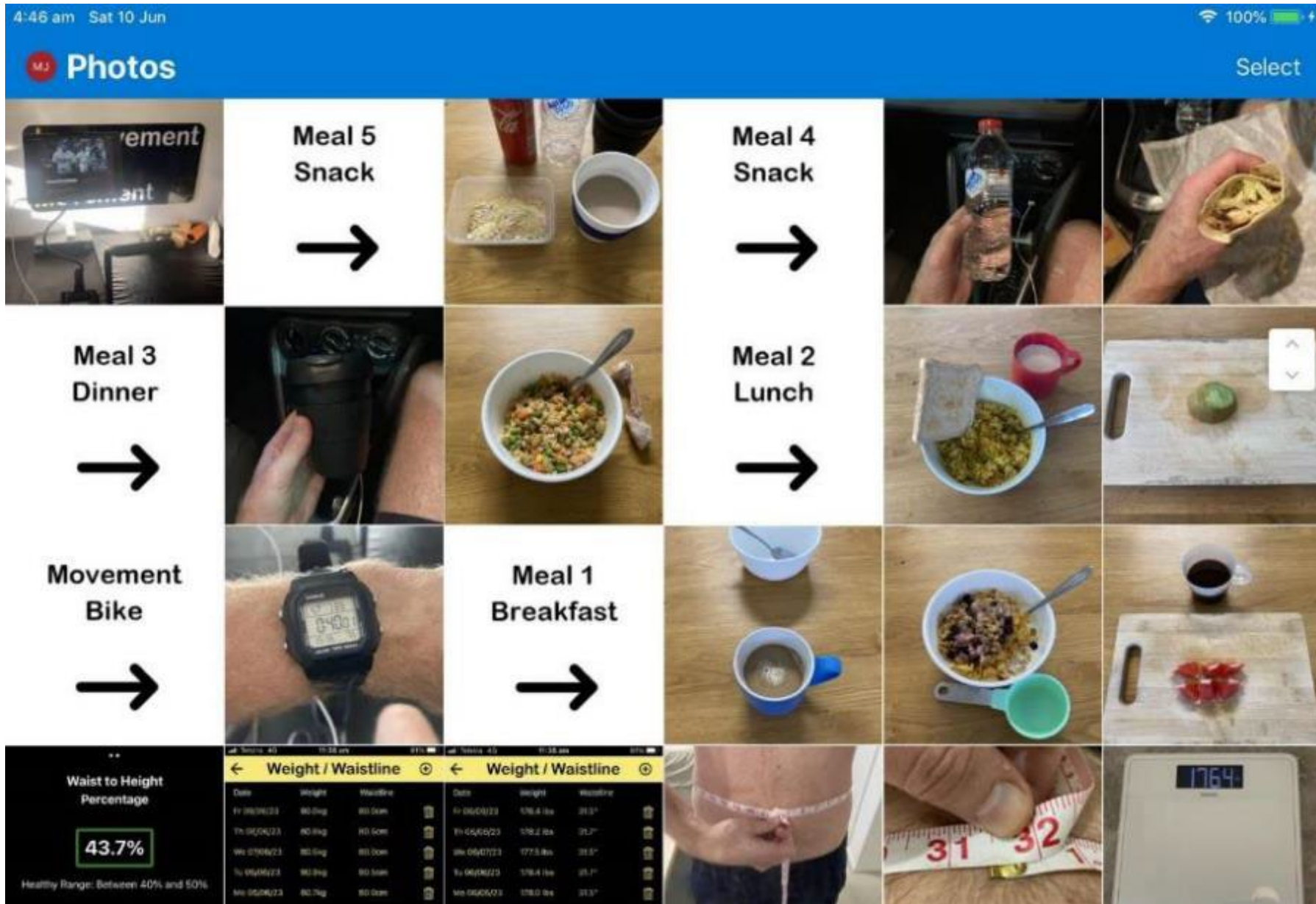
How To Get To Q1 Waist to Height (WtH)



| | |
|--|--|
| Day / Date / Time of Measurements: Saturday, June 10th, 10.10am | Pounds / Inches: 176.8 lbs / 31.7 in |
| Note: 1.5 serves grains, and the slice of cheese at the beginning of the meal is 0.5 serves dairy. That veggs meal can also be said a 2 nd way, it- | Kilograms / Centimetres: 80.2 kgs / 80.5 cm |
| | -can be 1.5 serves protein, 2 serves veggies, 1.5 serves grains, because ... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

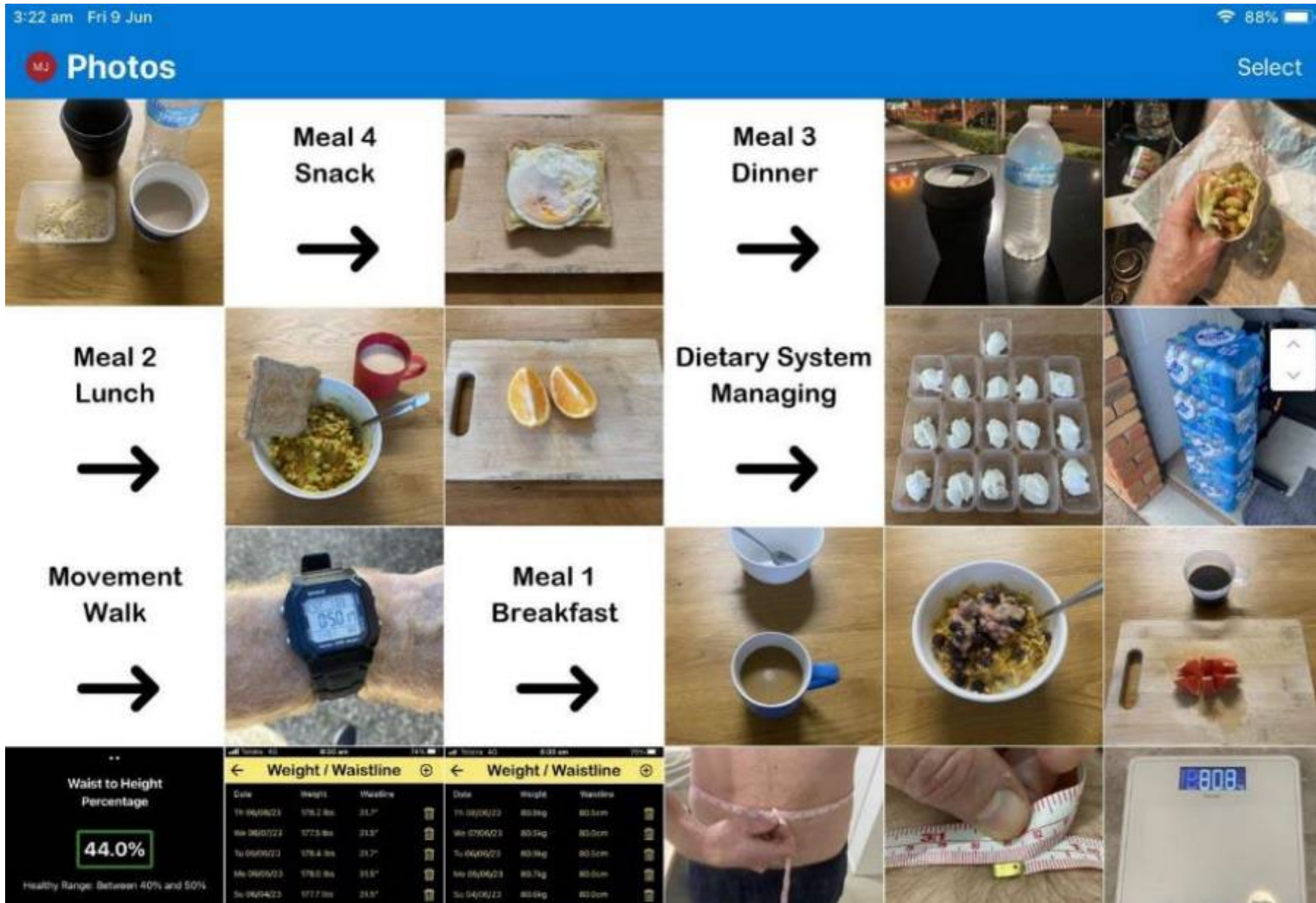


Day / Date / Time of Measurements: Friday, June 9th, 11.30am
 Note: the chickpeas are in both the protein and veggie sections of FGP.
 Today was a great day in my exercise world, had idea to hook up iPad-

Pounds / Inches: 176.4 lbs / 31.5 in
 Kilograms / Centimetres: 80 kgs / 80 cm
 -mobile cradle to AirBike and watch movie during planned 30 minute ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

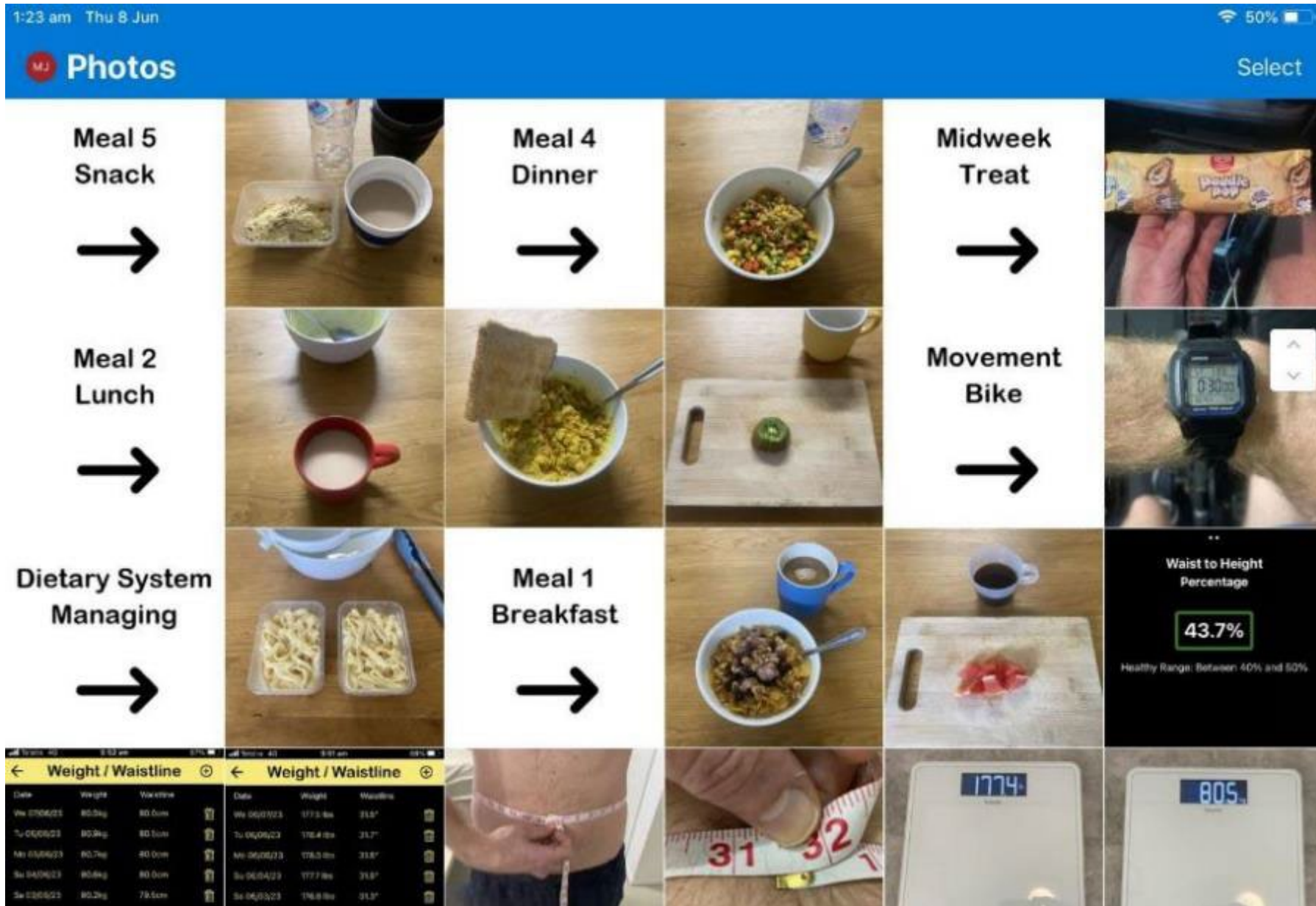


Day / Date / Time of Measurements: Thursday, June 8th, 8.25am
 Note: ... session, here was my note: "AirBike Legs (40 mins). First time setup iPad on stand and watched 42, (movie) going to change-

Pounds / Inches: 178.2 lbs / 31.7 in
 Kilograms / Centimetres: 80.8 kgs / 80.5 cm
 -everything, got to 30 mins without realising, went 10 (minutes) more.

Improvement After Movement

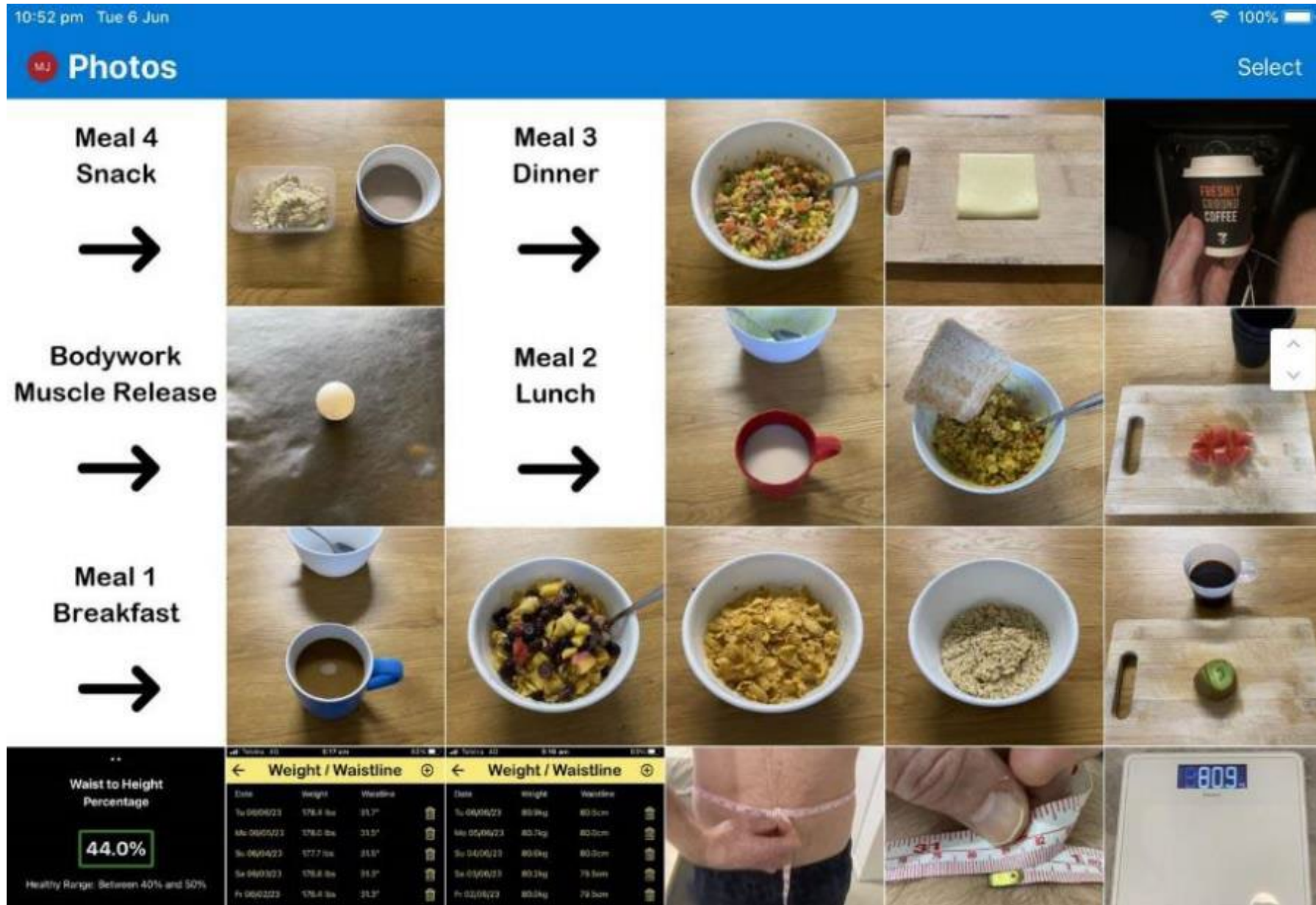
How To Get To Q1 Waist to Height (WtH)



| | |
|---|---|
| Day / Date / Time of Measurements: Wednesday, June 7th, 9.50am | Pounds / Inches: 177.5 lbs / 31.5 in |
| Note: Today was the day Beginning, Middle and End system being applied to Breakfast, Lunch and Dinner meals came to mind, it takes- | Kilograms / Centimetres: 80.5 kgs / 80 cm |
| | -'up to 20 mins' for body to connect with brain that a person is full, in ... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

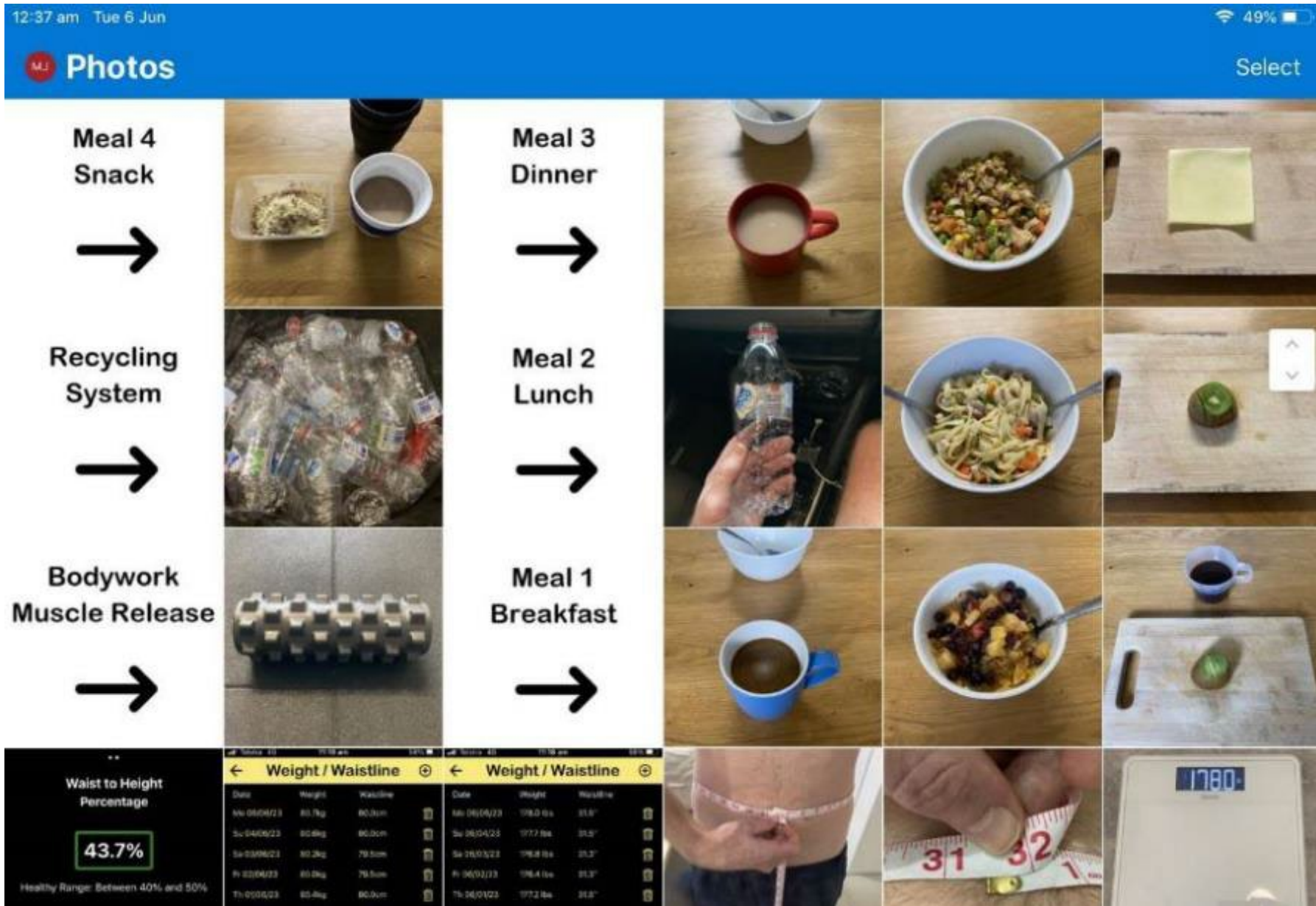


Day / Date / Time of Measurements: Tuesday, June 6th, 9.15am
 Note: ... the past, I used to sometimes pig out on other foods while I was preparing a meal, by structuring in a Beginning section of food, fruit,-

Pounds / Inches: 178.4 lbs / 31.7 in
 Kilograms / Centimetres: 80.9 kgs / 80.5 cm
 -cheese, chicken drumstick etc. (all from Food Guide Pyramid) I don't ...

Improvement After Movement

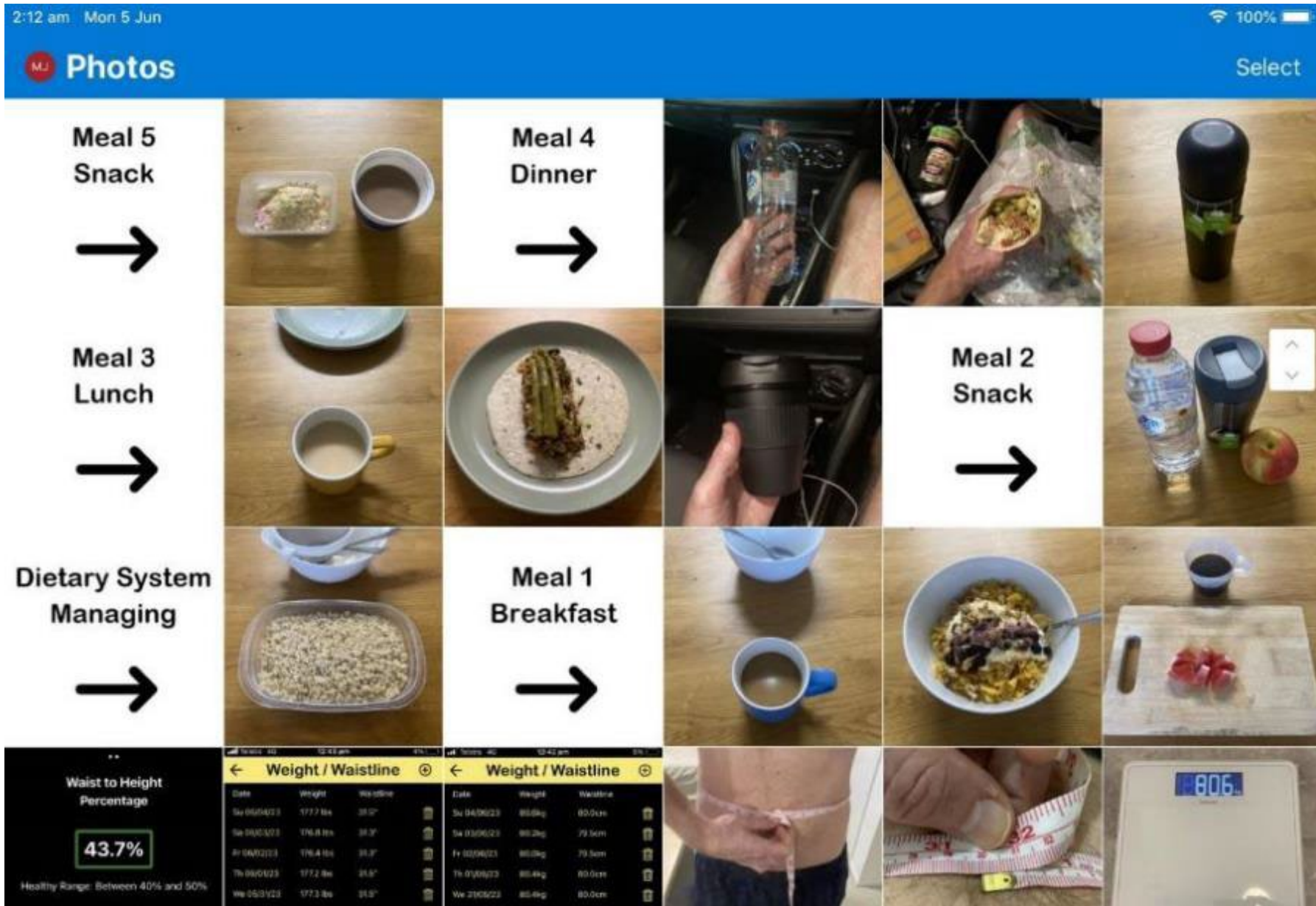
How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Monday, June 5th, 11.15am | Pounds / Inches: 178 lbs / 31.5 in |
| Note: ... pig out on anything I can find, leading to enjoying the main (Middle) meal I'm making (might take 5 -10 mins to prep). It also starts- | Kilograms / Centimetres: 80.7 kgs / 80 cm |
| | -the timer running on the 'up to 20 minutes' body > brain fullness clock. |

Improvement After Movement

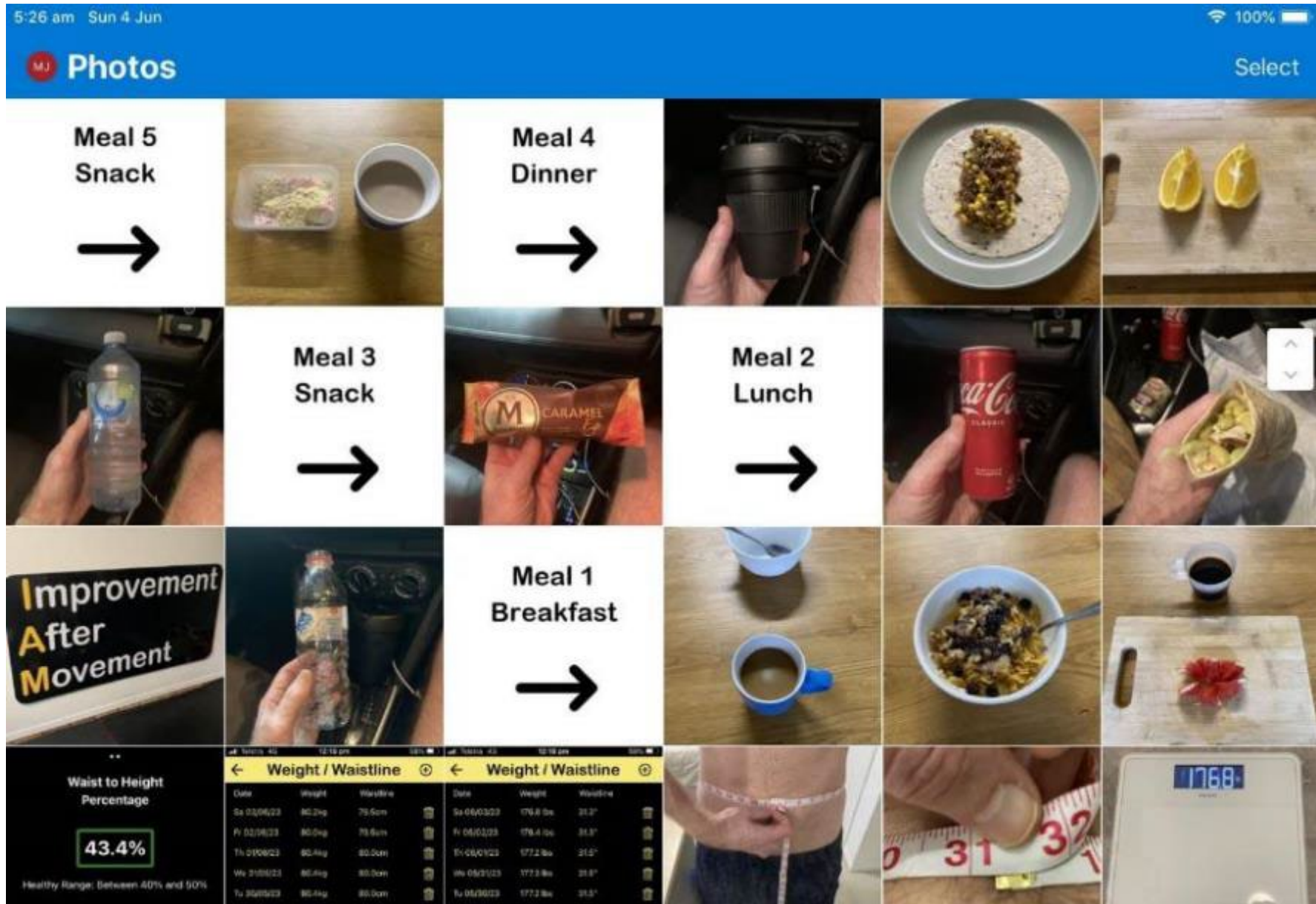
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Sunday, June 4th, 12.40pm
 Note: You're going to see how my Meal 5 (tonight) snack evolves from being just yoghurt only, to now adding 0.5 serving of quick oats (15g /- 0.5 oz) with 0.5 teaspoons of both Malted Milk and usually Nesquik, ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

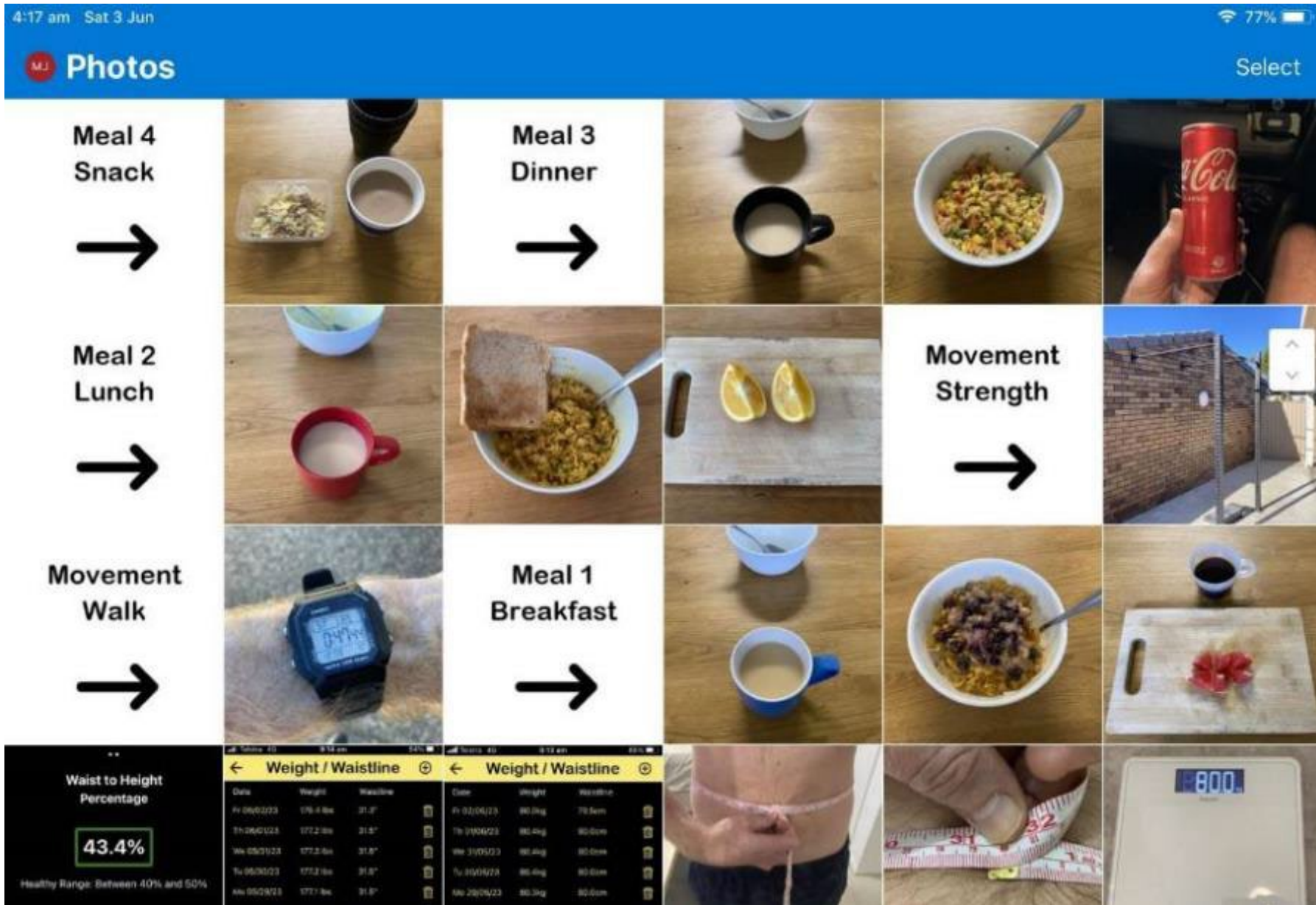


Day / Date / Time of Measurements: Saturday, June 3rd, 12.15pm
 Note: ... sometimes I switch out the Strawberry Nesquik with 0.5 tspn of Ovaltine, but not often, my Ovaltine is usually always used in the liquid-

Pounds / Inches: 176.8 lbs / 31.3 in
 Kilograms / Centimetres: 80.2 kgs / 79.5 cm
 -component of my 'last structured meal' before bed, small amounts.

Improvement After Movement

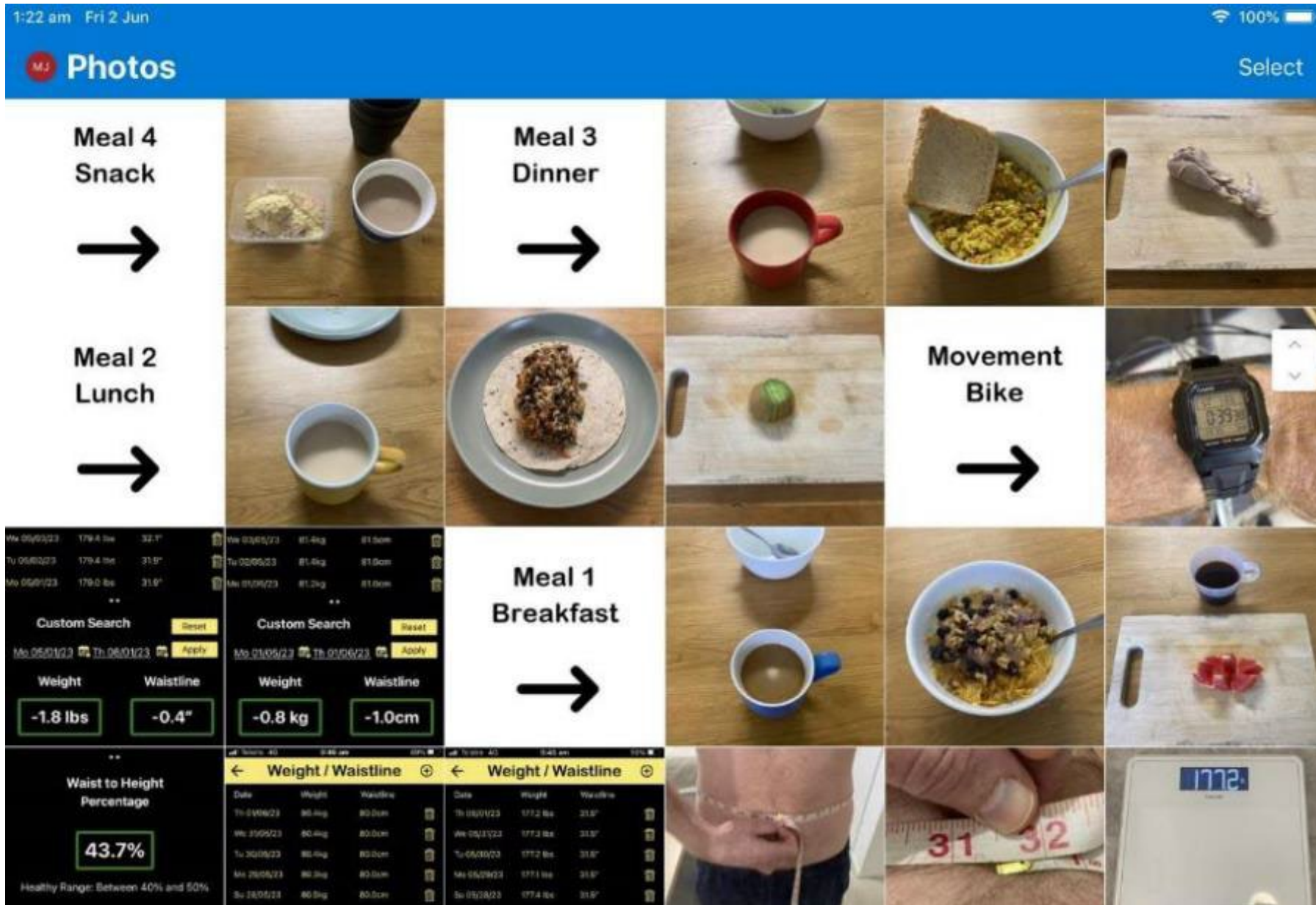
How To Get To Q1 Waist to Height (WtH)



| | |
|---|--|
| Day / Date / Time of Measurements: Friday, June 2nd, 9.10am | Pounds / Inches: 176.4 lbs / 31.3 in |
| Note: This movement walk is actually me walking home after dropping my car off to the mechanics for a service, I'm typing this note on- | Kilograms / Centimetres: 80 kgs / 79.5 cm |
| | -Thursday, August 24, in New York, what I've noticed so far in my week ... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

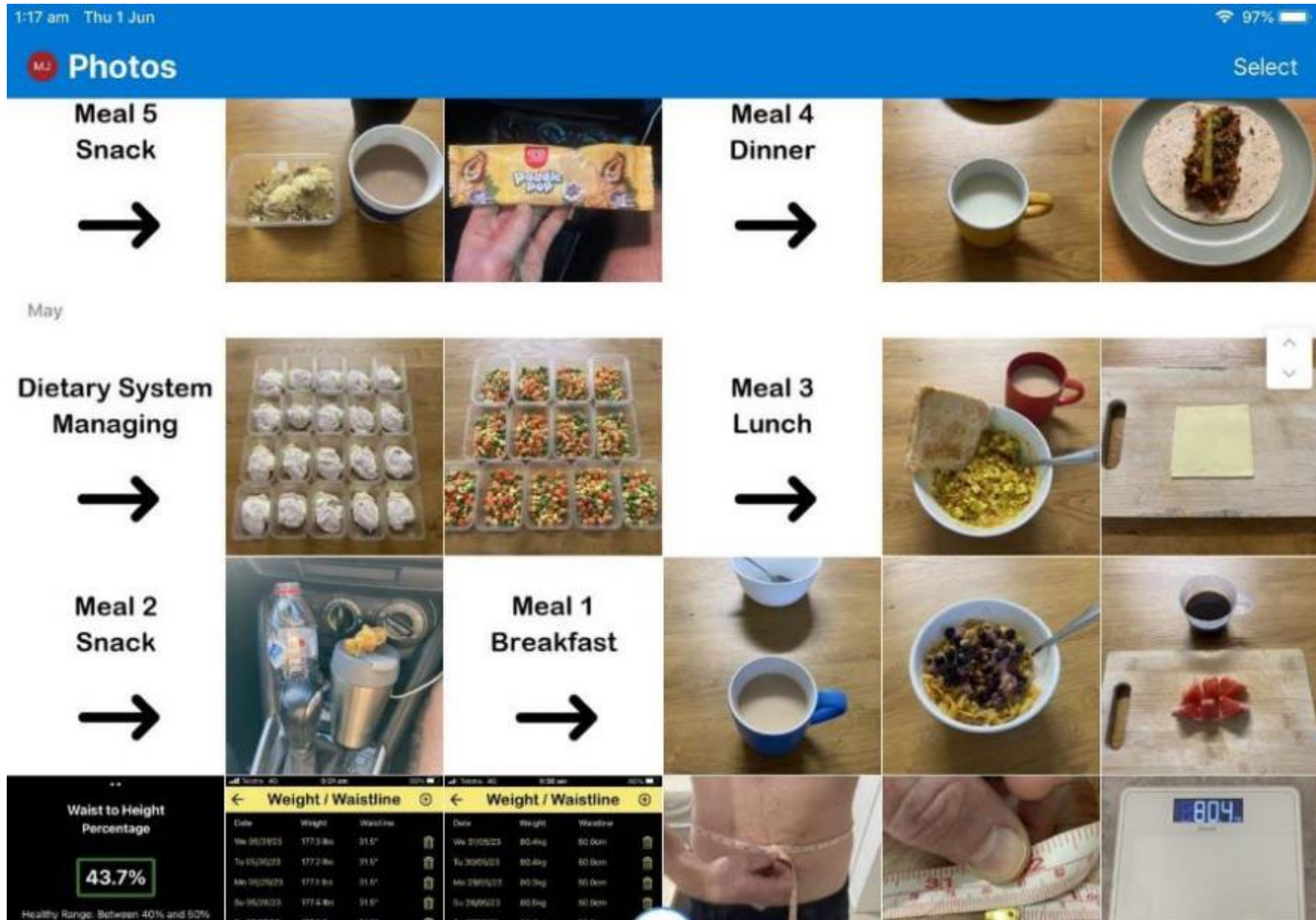


Day / Date / Time of Measurements: Thursday, June 1st, 9.40am
 Note: ... and a half stay in New York City is just how much daily walking I've been doing as part of simply being here, that I wouldn't do at-

Pounds / Inches: 177.2 lbs / 31.5 in
 Kilograms / Centimetres: 80.4 kgs / 80 cm
 -all in Australia, I've actually written notes about my walks in my health...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

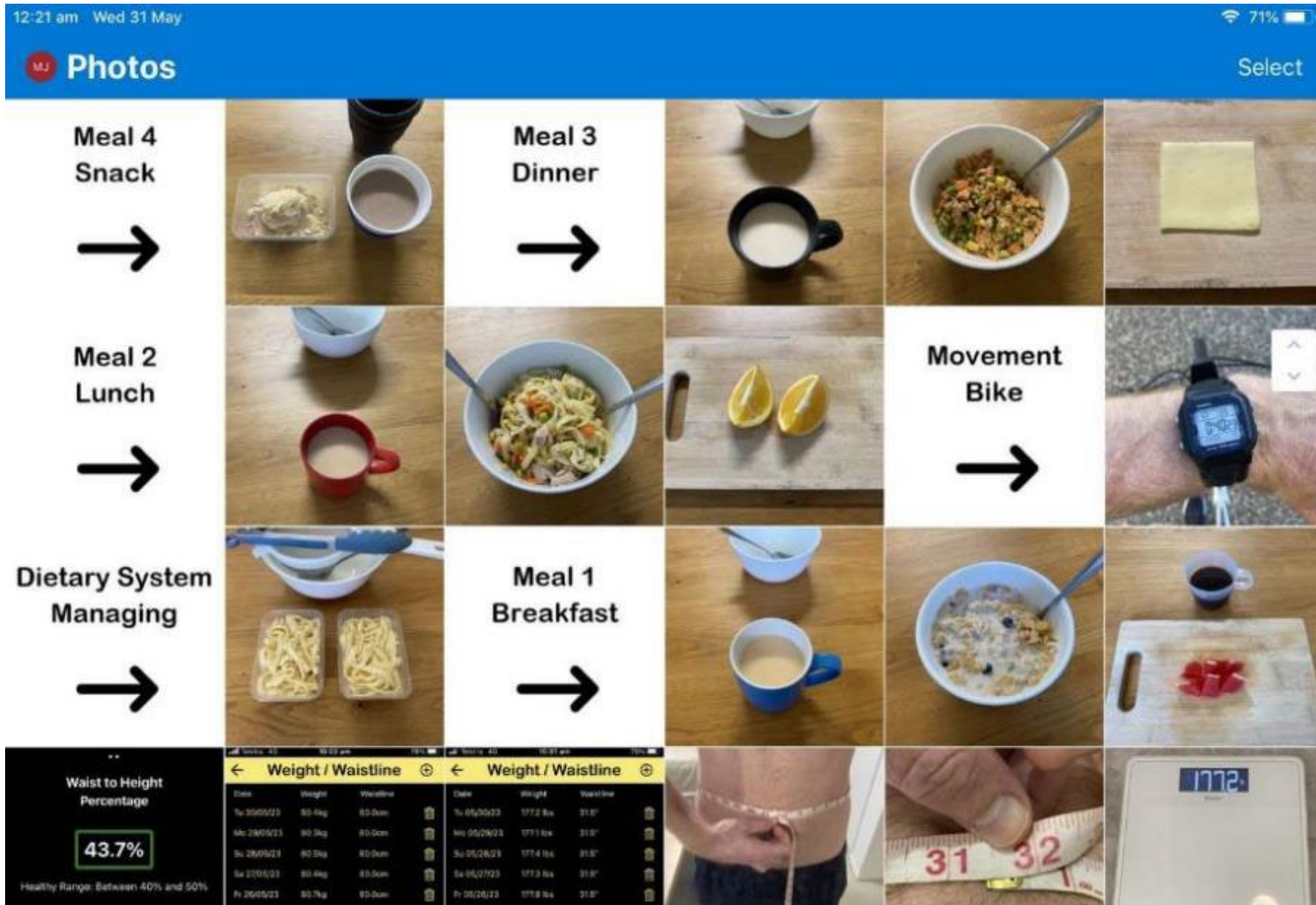


Day / Date / Time of Measurements: Wednesday, May 31st, 9.25am
 Note: ... diary, 1. Hotel > Fitness Centre, 2. Hotel > Grocery Store,
 3. Fitness Centre > Grocery Store... (There's two main grocery stores).

Pounds / Inches: 177.3 lbs / 31.5 in
 Kilograms / Centimetres: 80.4 kgs / 80 cm
 Probably between 20 – 60 minutes walking every day I've been doing.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

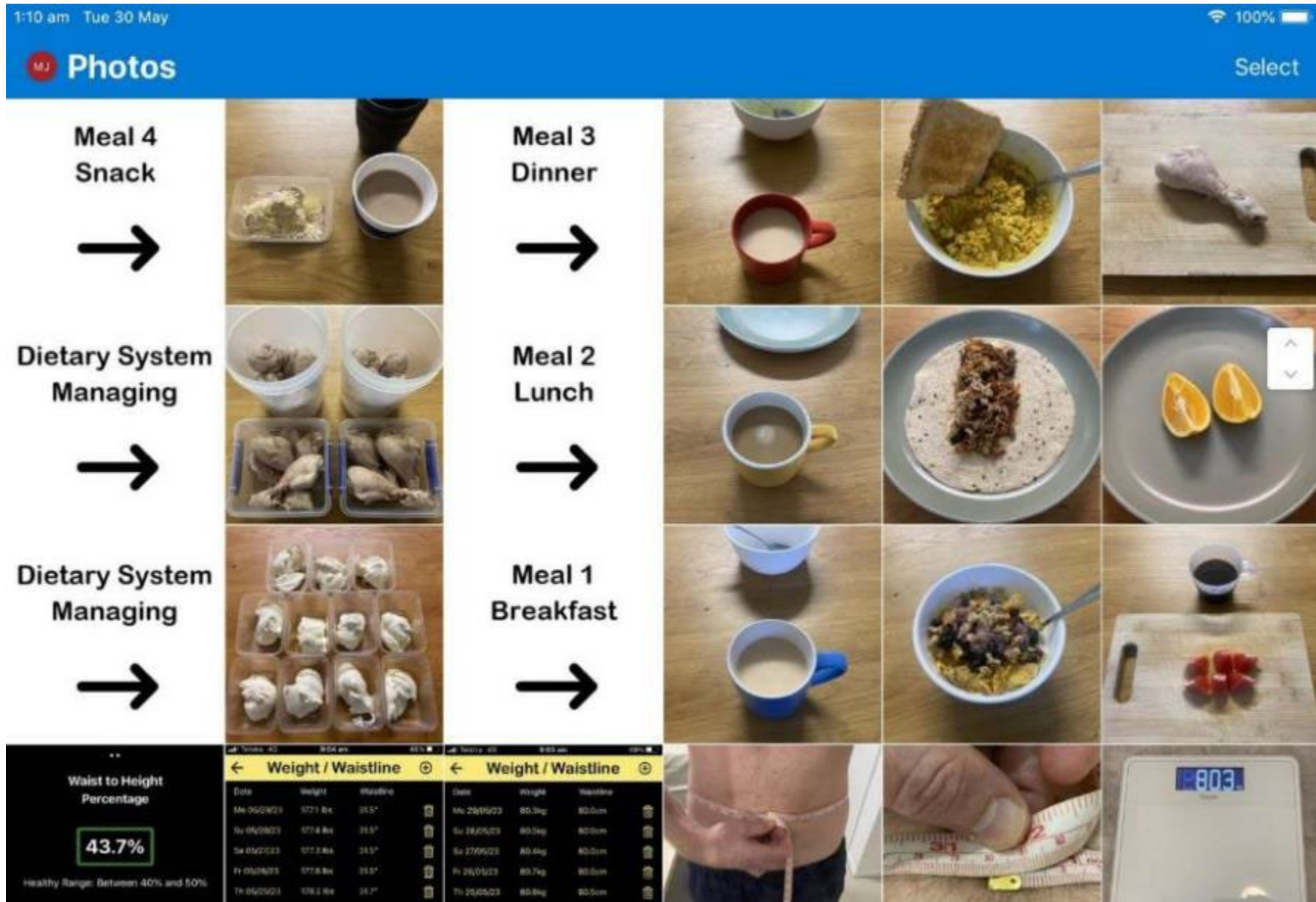


Day / Date / Time of Measurements: Tuesday, May 30th, 10am
 Note: Once you construct your Dietary System, you'll find it's pretty easy to manage, the yoghurt and mixed veggies from the previous page, it's-

Pounds / Inches: 177.2 lbs / 31.5 in
 Kilograms / Centimetres: 80.4 kgs / 80 cm
 -simply outlaying containers and eyeballing even mixes, let's take the...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

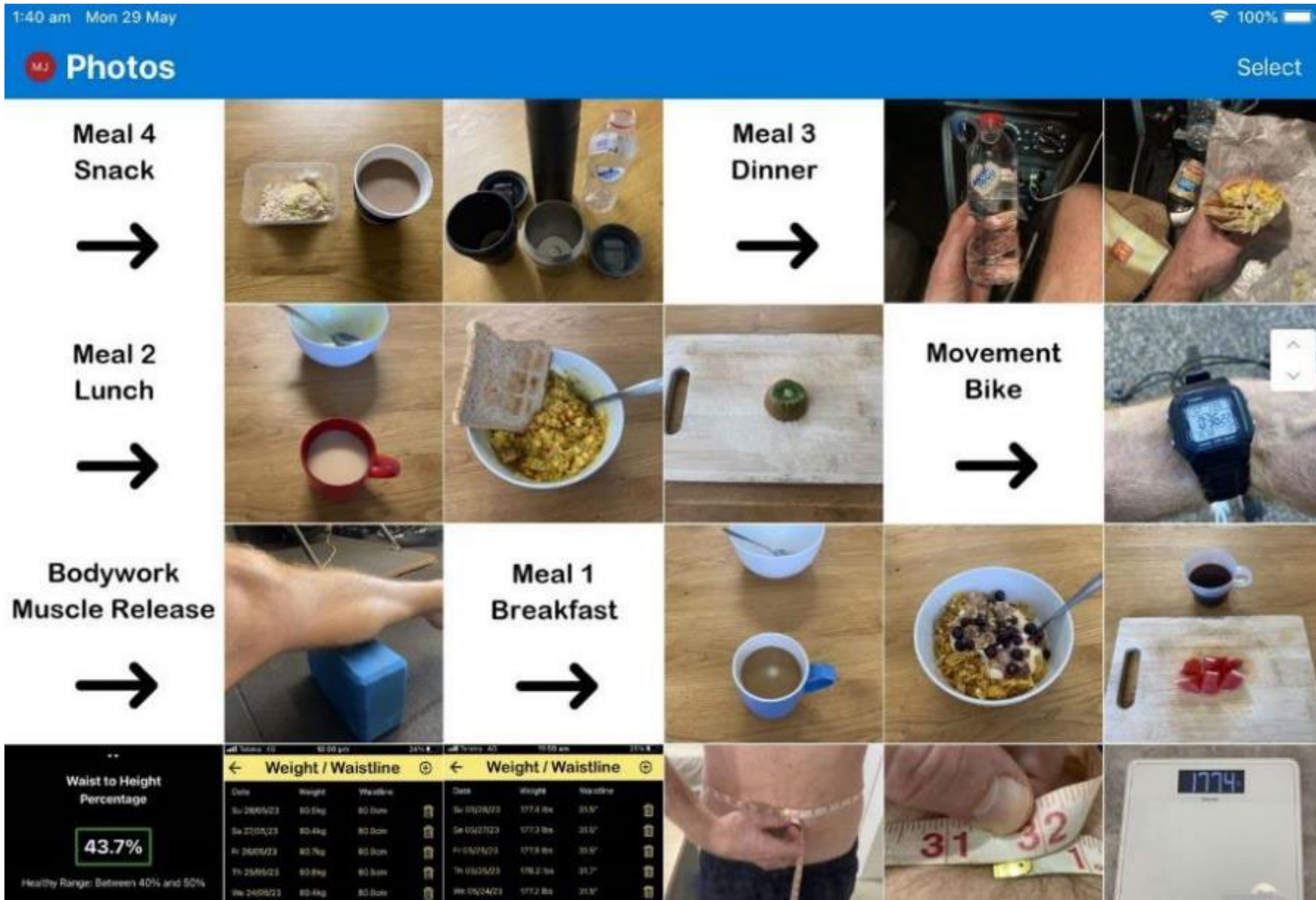


Day / Date / Time of Measurements: Monday, May 29th, 9am
 Note: corn, peas and carrot from May 31st as an example, I really think Americans will find this so easy to do, now having bought frozen bags-

Pounds / Inches: 177.1 lbs / 31.5 in
 Kilograms / Centimetres: 80.3 kgs / 80 cm
 -of fruit and veggies here. On the front cover of every frozen bag of ...

Improvement After Movement

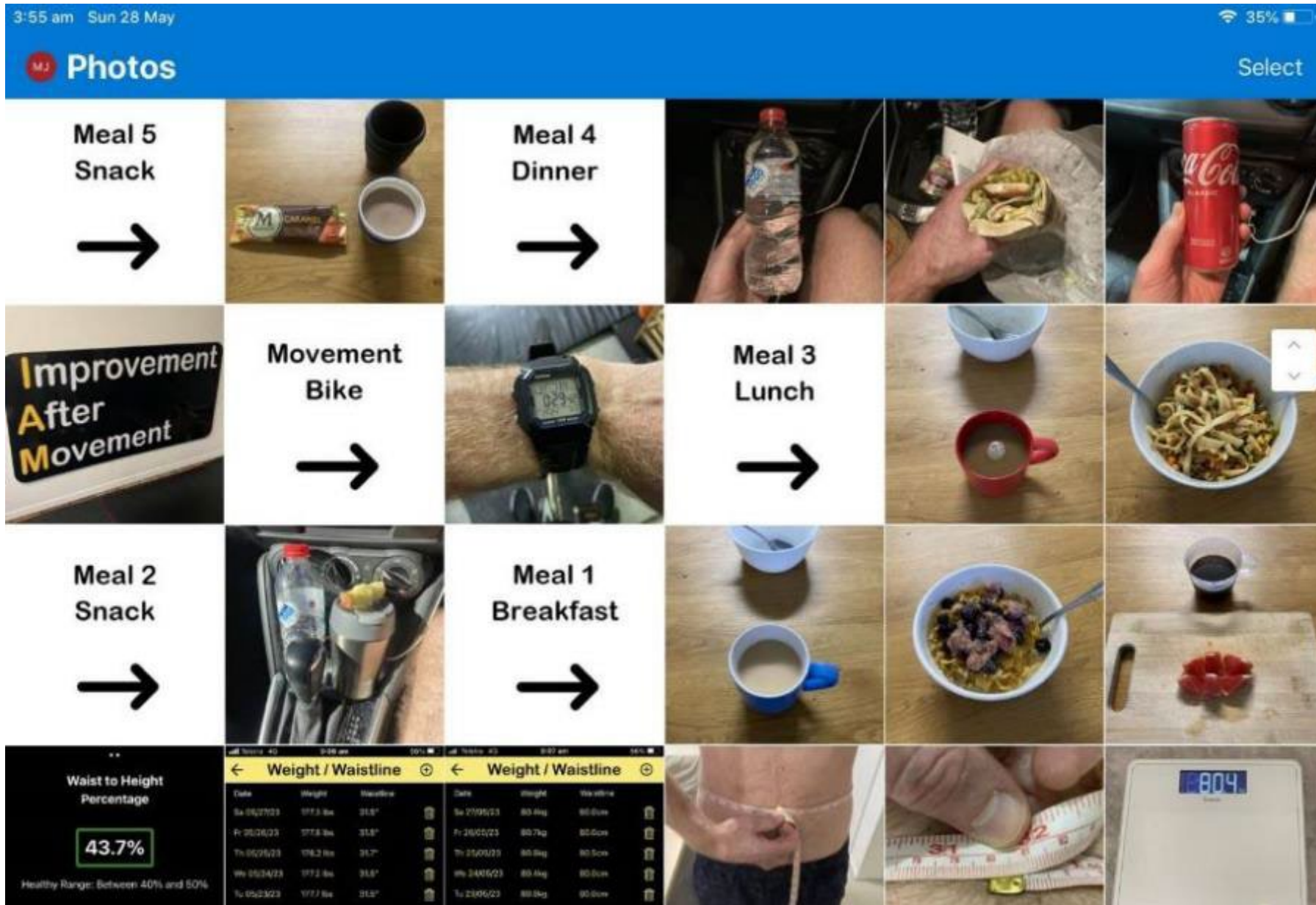
How To Get To Q1 Waist to Height (WtH)



| | |
|--|--|
| Day / Date / Time of Measurements: Sunday, May 28th, 11.55am | Pounds / Inches: 177.4 lbs / 31.5 in |
| Note: .. veggies, it lists the total weight, in oz, but right next to the oz weight in () lists the total grams weight. In the Food Guide Pyramid, .. | Kilograms / Centimetres: 80.5 kgs / 80 cm |
| | .. all you have to do is remember that in most cases, 75 grams of... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

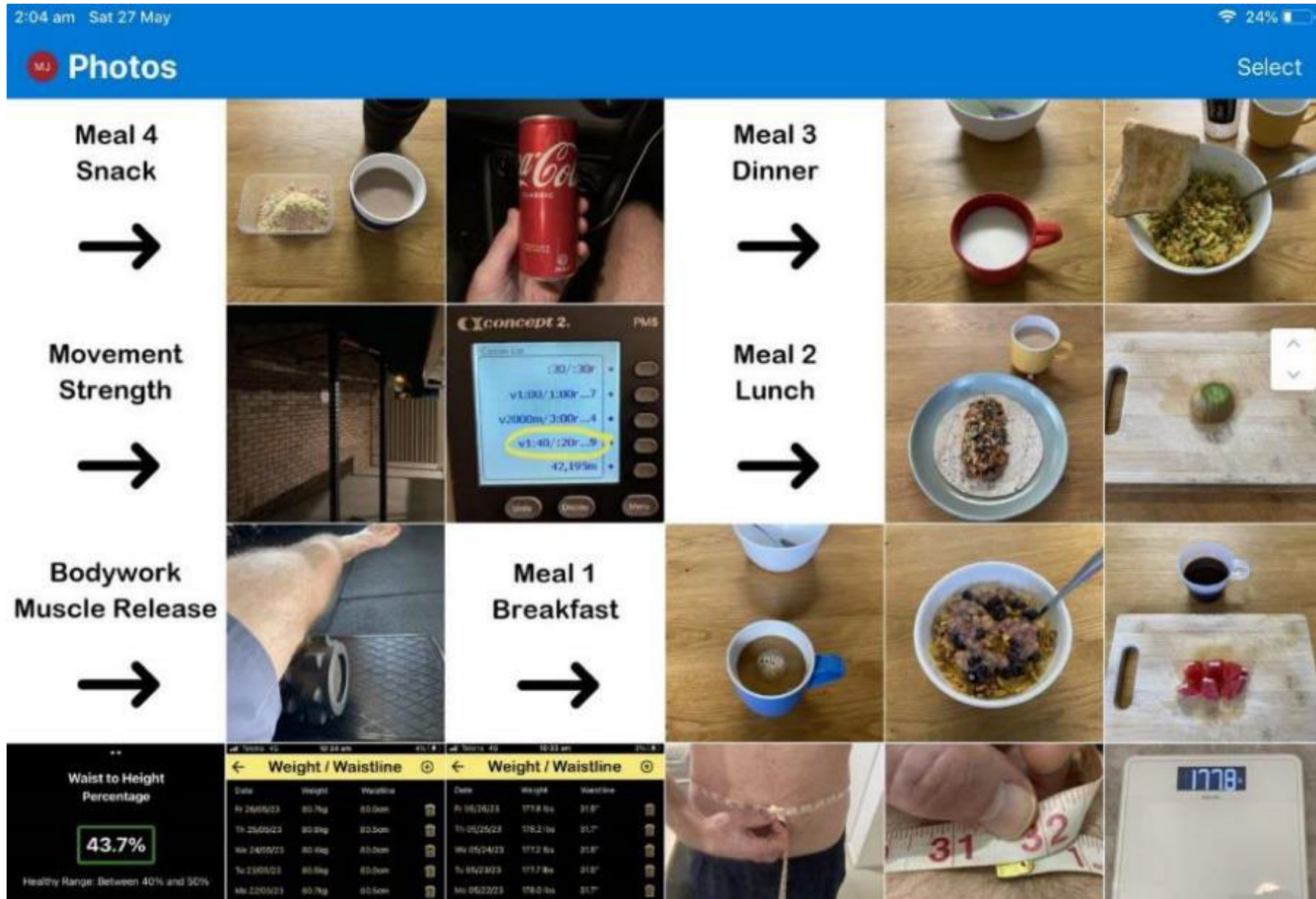


Day / Date / Time of Measurements: Saturday, May 27th, 9.05am
 Note: vegetables is one serving, so in the corn, peas and carrots example on May 31, the frozen veggie bag weighed 1,000 grams, so all you-

Pounds / Inches: 177.3 lbs / 31.5 in
 Kilograms / Centimetres: 80.4 kgs / 80 cm
 -have to do is this simple calculation: 1,000 divided by 75 = 13.3 Scroll ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

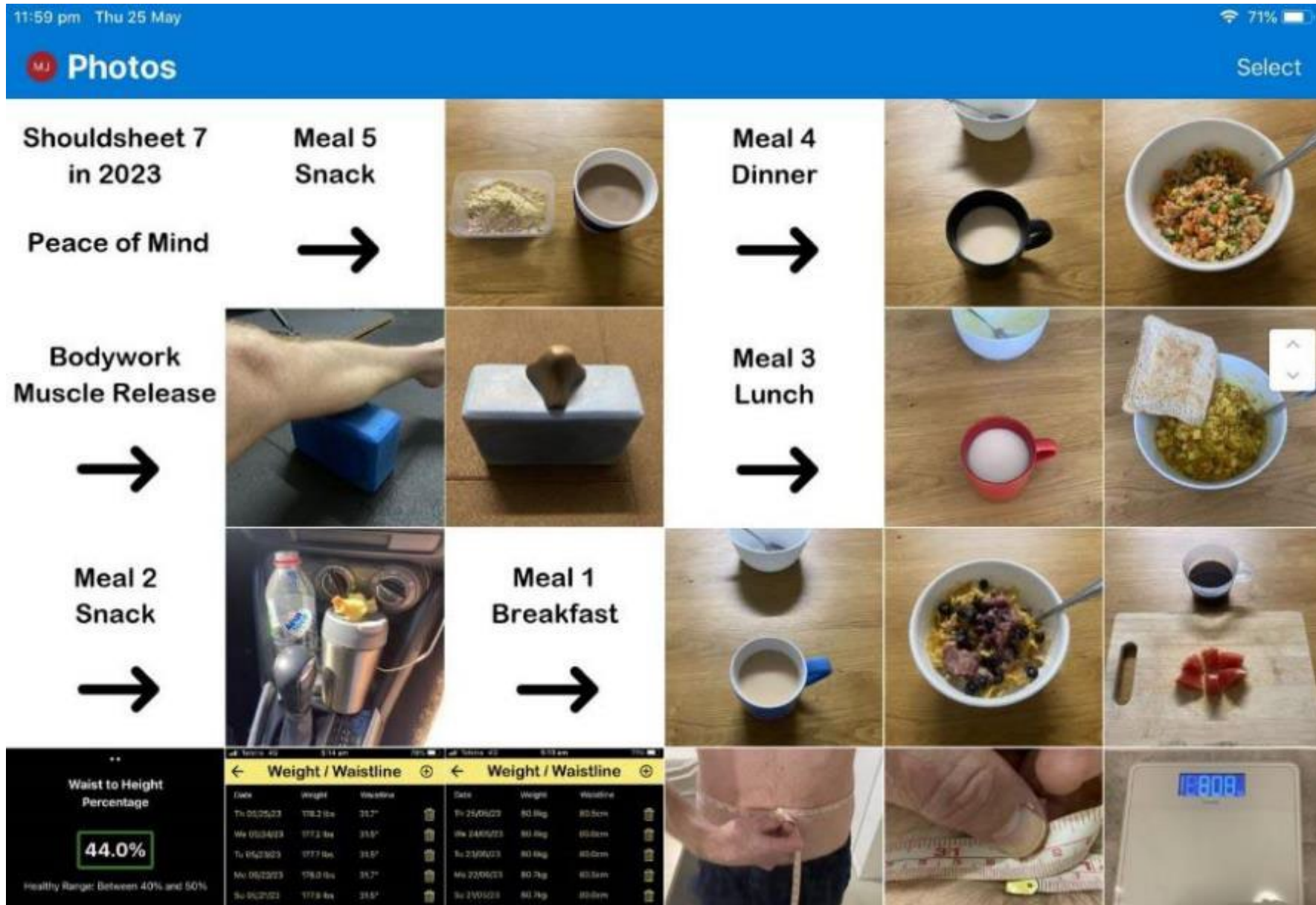


Day / Date / Time of Measurements: Friday, May 26th, 10.30am
 Note: back up to May 31st and you'll see 13 plastic containers laid out on my bench, I simply empty the frozen veggie bag evenly amongst the 13-

Pounds / Inches: 177.8 lbs / 31.5 in
 Kilograms / Centimetres: 80.7 kgs / 80 cm
 -containers, now I know when I add a container to one of my meals, ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

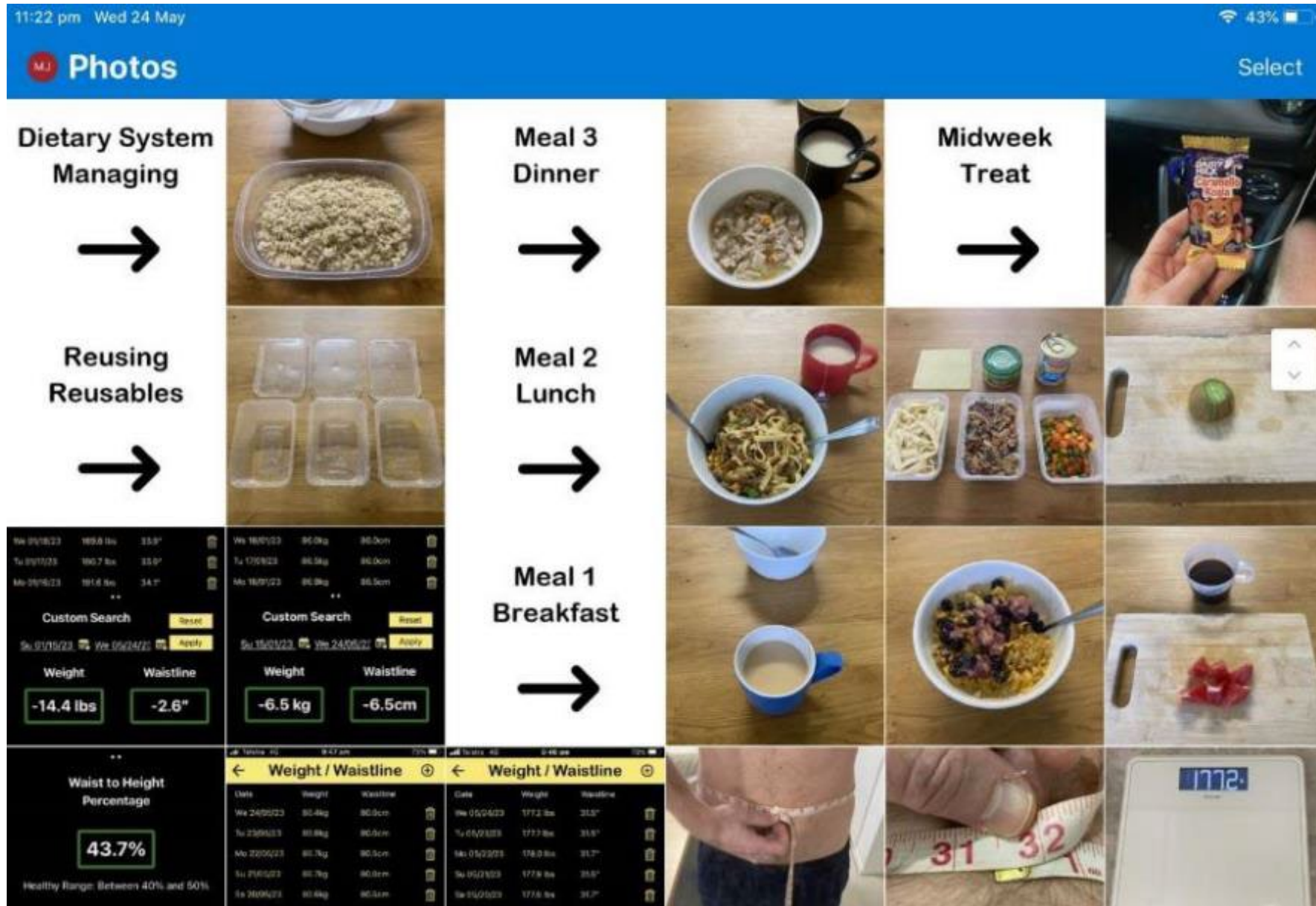


Day / Date / Time of Measurements: Thursday, May 25th, 5.10am
 Note: ... that's 1 of the 3 – 5 daily vegetable servings (aim for 5) that I include in my dietary system each day. 16 oz (454 grams) is a common-

Pounds / Inches: 178.2 lbs / 31.7 in
 Kilograms / Centimetres: 80.8 kgs / 80.5 cm
 -veggie bag size I've bought in NY, 454 divided by 75 = 6 containers.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

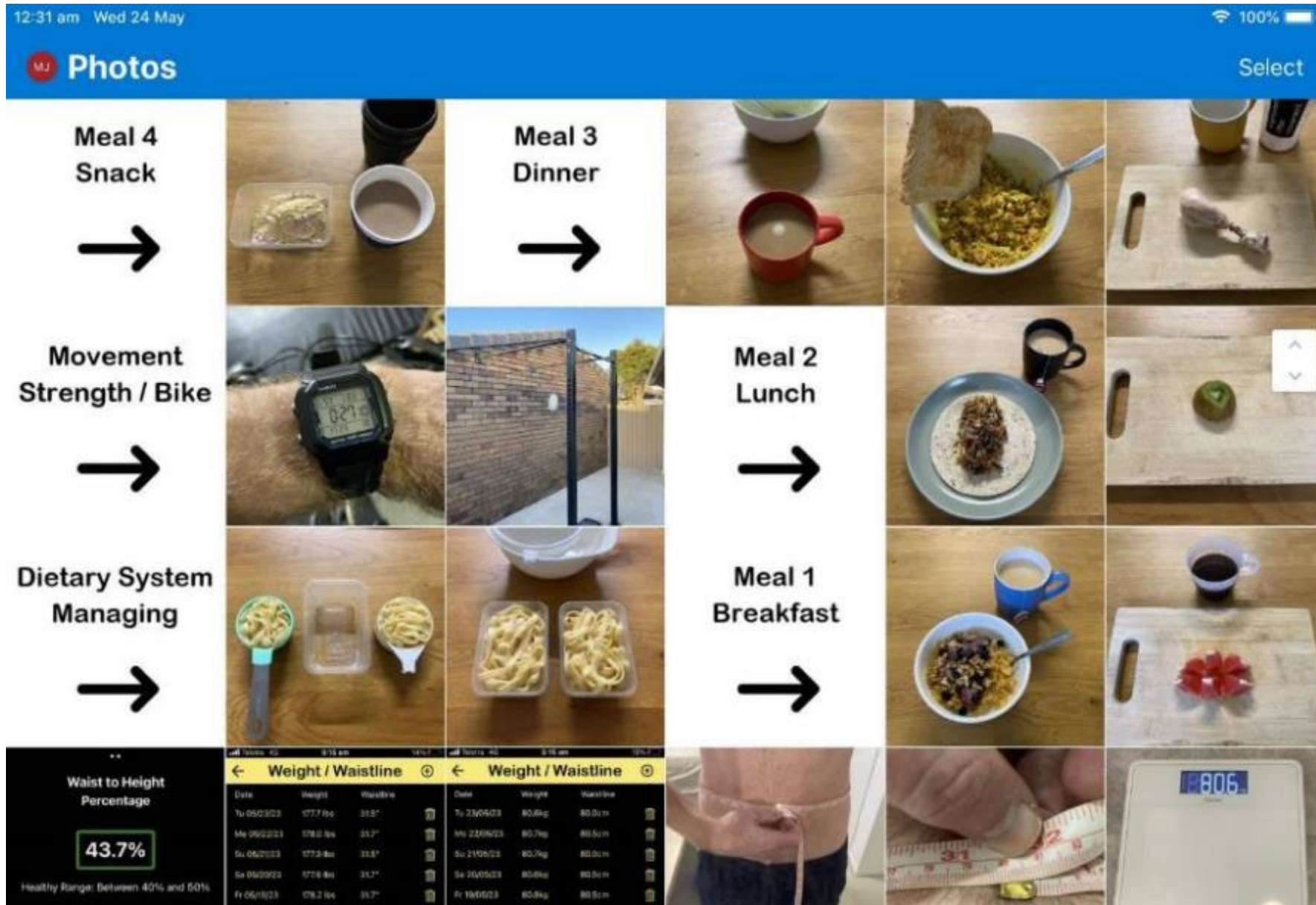


Day / Date / Time of Measurements: Wednesday, May 24th, 9.45am
 Note: Meal 2 lunch today is a perfect example of just how easy it is to make this meal, the 3 plastic containers come out of the freezer, heat,-

Pounds / Inches: 177.2 lbs / 31.5 in
 Kilograms / Centimetres: 80.4 kgs / 80 cm
 -then add the can of corn and tuna, as well as chopped up cheese to it.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

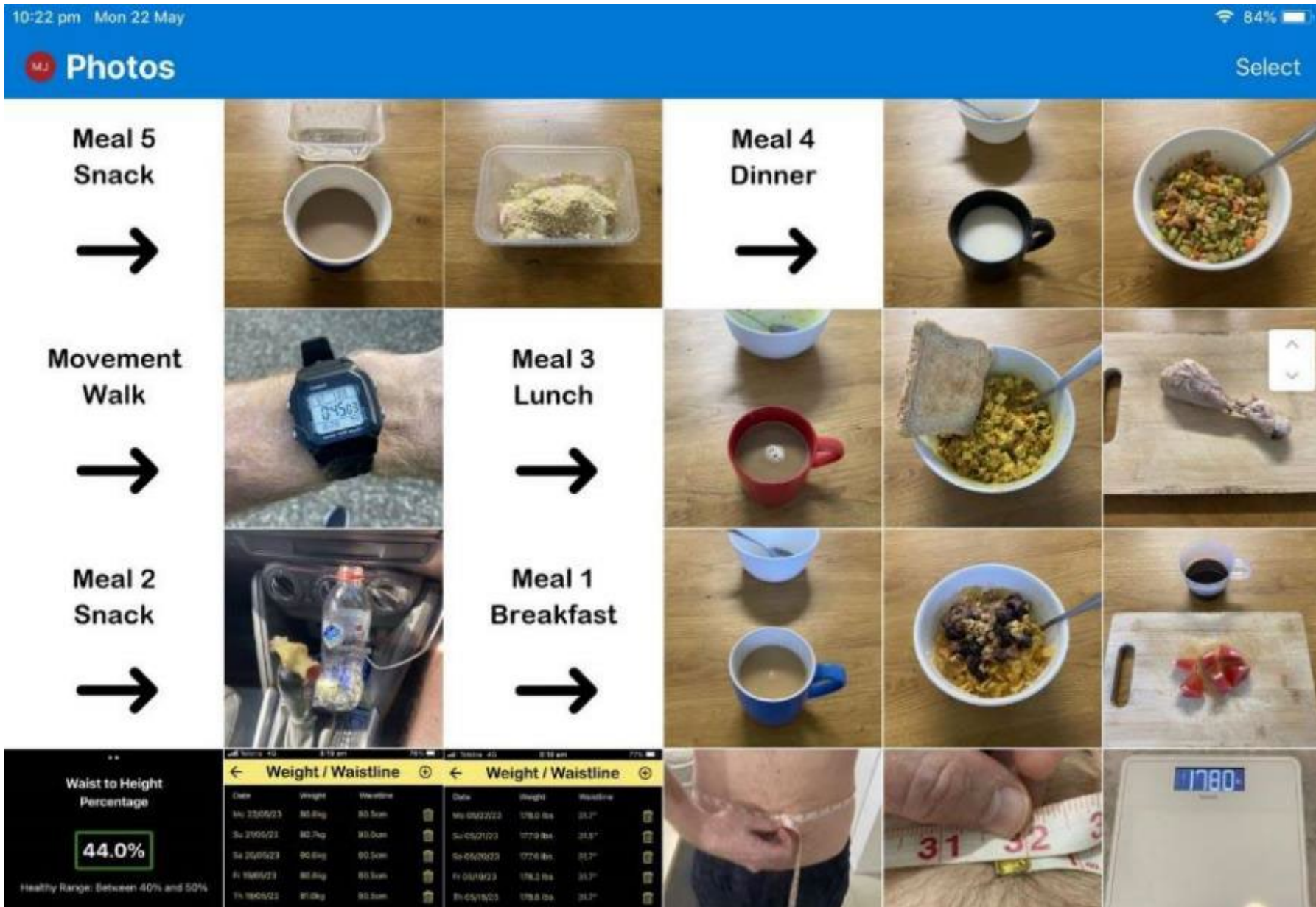


Day / Date / Time of Measurements: Tuesday, May 23rd, 9.10am
 Note: See the 14.4 lbs and 2.6 in, and 6.5 kgs and 6.5 cm images from the previous page above, that's my weight / waistline progress from-

Pounds / Inches: 177.7 lbs / 31.5 in
 Kilograms / Centimetres: 80.6 kgs / 80 cm
 -the day after binge #5 on January 15 through to that day, May 24. My ...

Improvement After Movement

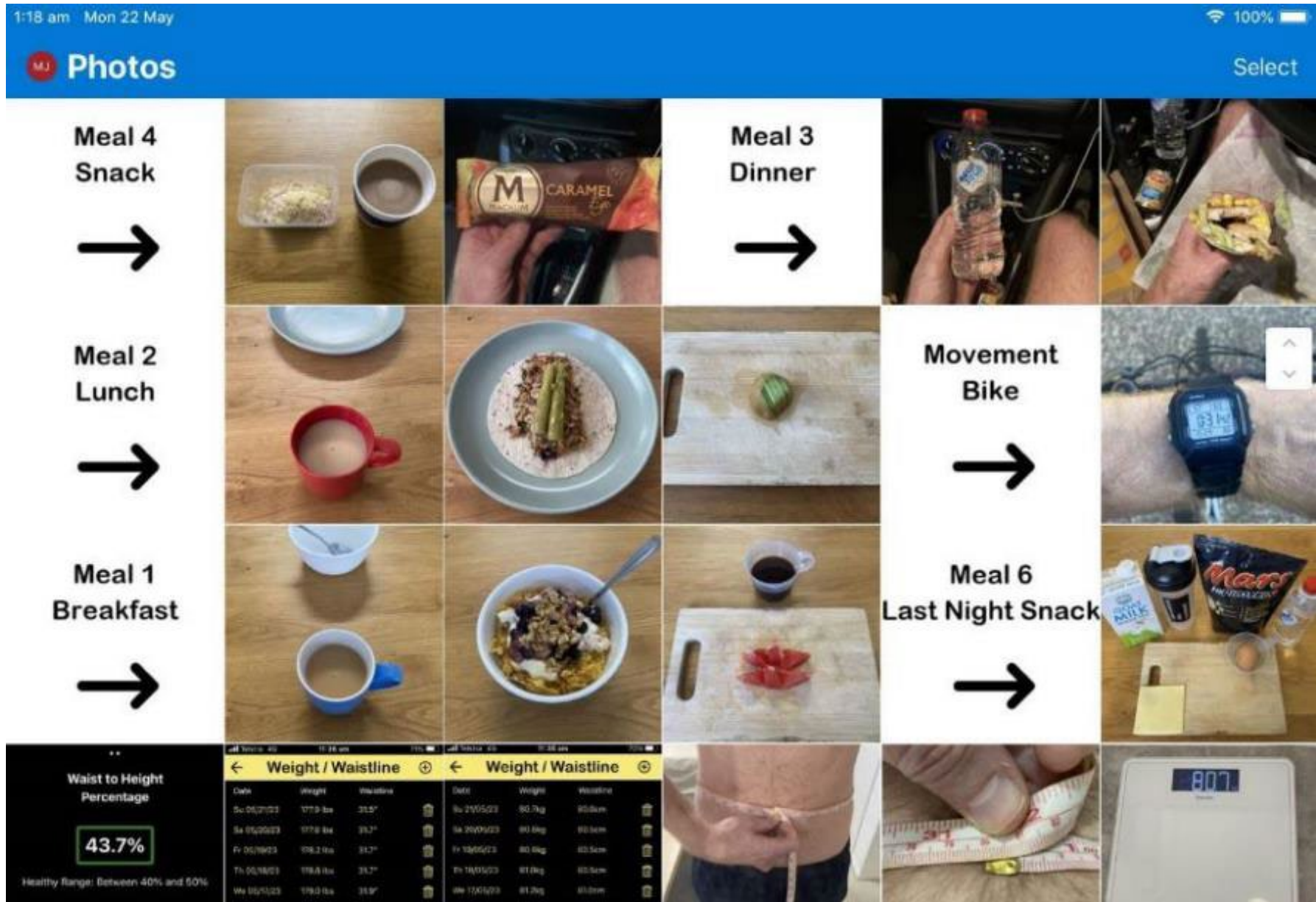
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Monday, May 22nd, 8.15am
 Note: Waist to Height (WtH) reduced from 47.3% down to 43.7%, a 3.6% Waist to Height reduction, and that's including my second and -final group of 5 binges that occurred across almost 30 days from the ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

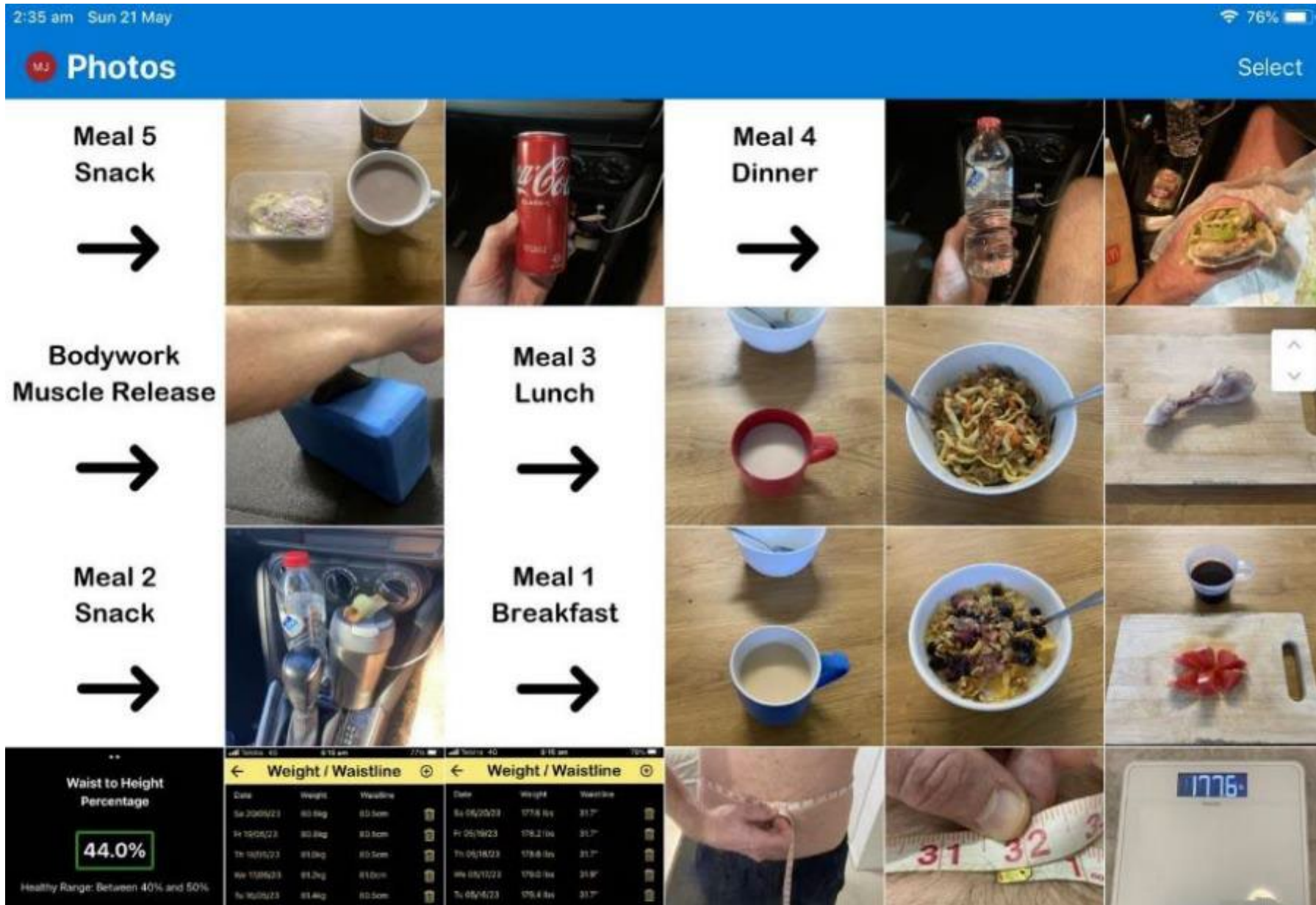


Day / Date / Time of Measurements: Sunday, May 21st, 11.30am
 Note: ... end of March, through the Easter period to the end of April.
 It did result in a new self-awareness strategy I call, BUST Your Binge.

Pounds / Inches: 177.9 lbs / 31.5 in
 Kilograms / Centimetres: 80.7 kgs / 80 cm
 Are you... Bored? Unorganised? Stressed? Tired? Or Unaware? Unhappy?

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

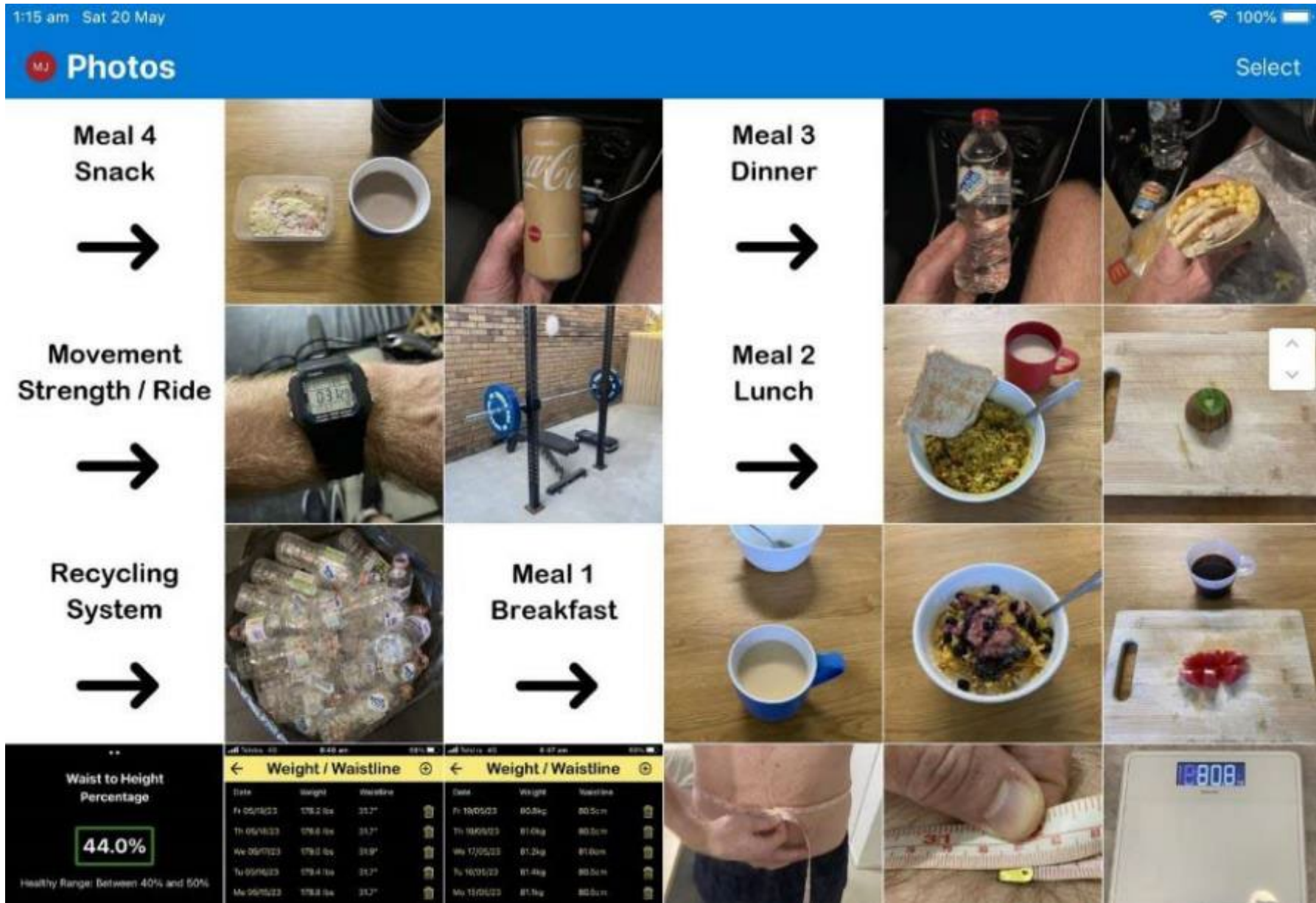


Day / Date / Time of Measurements: Saturday, May 20th, 8am
 Note: McDonald's Australia have a wrap called a Grilled Chicken Snack Wrap, it includes only a small piece of chicken, I simply would ask for-

Pounds / Inches: 177.6 lbs / 31.7 cm
 Kilograms / Centimetres: 80.6 kgs / 80.5 cm
 -an extra serving of grilled chicken to be placed on my wrap, and I'd ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)




| | |
|--|--|
| Day / Date / Time of Measurements: Friday, May 19th, 8.45am | Pounds / Inches: 178.2 lbs / 31.7 in |
| Note: ... also have in my car, usually a small can of corn or edamame beans, each can is one serving of veggies in Food Guide Pyramid, so I'd- | Kilograms / Centimetres: 80.8 kgs / 80.5 cm |
| | -add one can of usually corn, (my preferred choice) to the wrap and it ... |


Improvement After Movement


How To Get To Q1 Waist to Height (WtH)


11:42 pm Thu 18 May 86%


MJ Photos Select


Meal 5 Snack → 

Meal 4 Dinner → 

Meal 3 Lunch → 


Meal 2 Snack → 


Meal 1 Breakfast → 


Dietary System Managing → 

Waist to Height Percentage
44.0%
Healthy Range: Between 40% and 50%

| ← Weight / Waistline | | | ← Weight / Waistline | | |
|----------------------|--------|-----------|----------------------|-----------|-----------|
| Date | Weight | Waistline | Date | Weight | Waistline |
| Th 15/05/23 | 81.0kg | 80.5cm | Th 05/10/23 | 178.5 lbs | 31.7" |
| Ww 12/05/23 | 81.2kg | 81.6cm | Ww 08/10/23 | 179.0 lbs | 31.9" |
| Tu 16/05/23 | 81.4kg | 80.5cm | Tu 15/10/23 | 179.4 lbs | 31.7" |
| Mo 15/05/23 | 81.3kg | 80.5cm | Mo 09/10/23 | 178.9 lbs | 31.7" |
| Su 14/05/23 | 80.5kg | 80.0cm | Su 06/10/23 | 177.4 lbs | 31.8" |





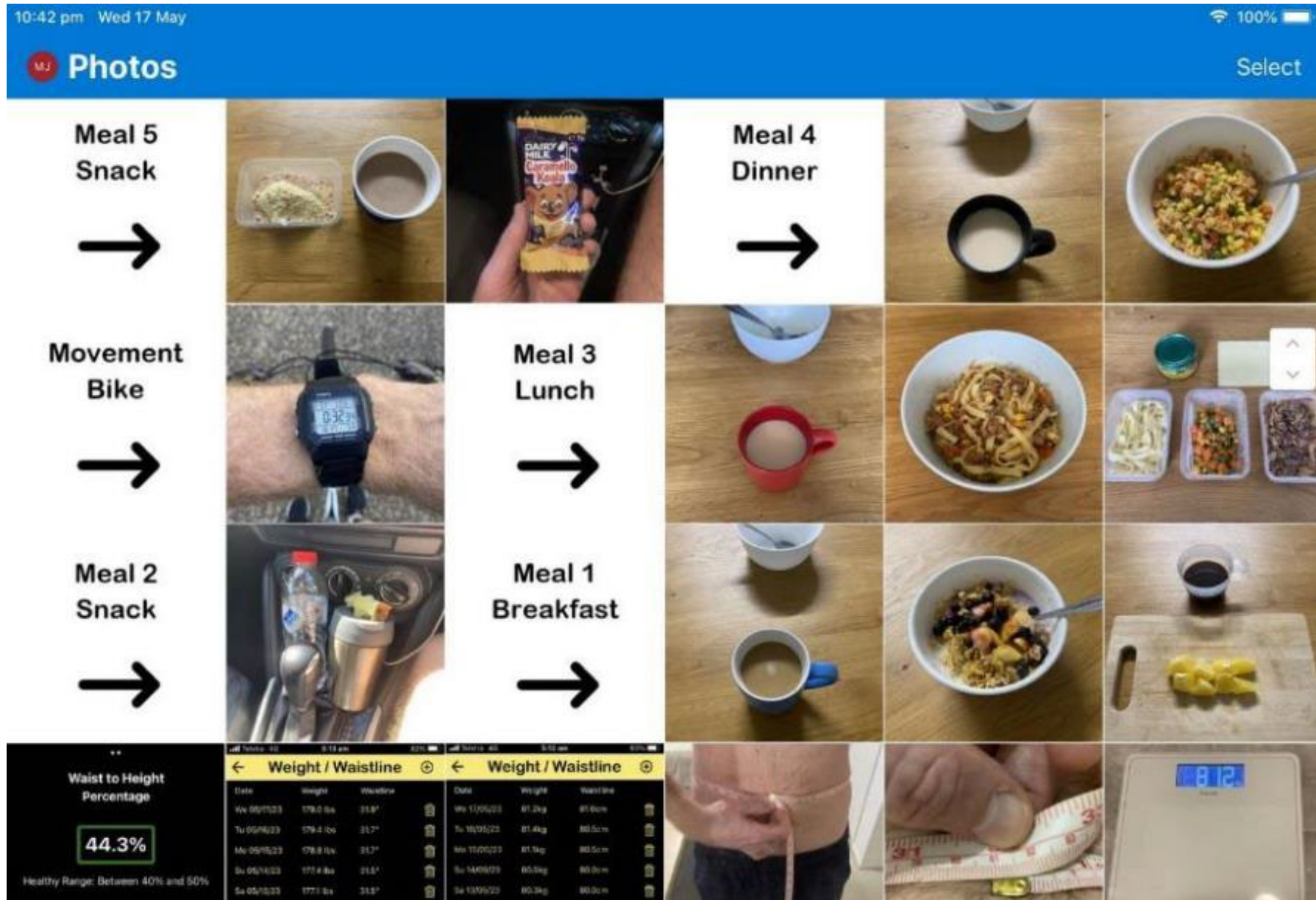


Day / Date / Time of Measurements: Thursday, May 18th, 6.10am
 Note: ... would then total, 1 serving grains, 1 serving veggies and 1 serving chicken, from Food Guide Pyramid, it's not the highest quality-

Pounds / Inches: 178.6 lbs / 31.7 in
 Kilograms / Centimetres: 81 kgs / 80.5 cm
 -food overall I'm sure, but the 1 or 2 weekly wraps were my usual go ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

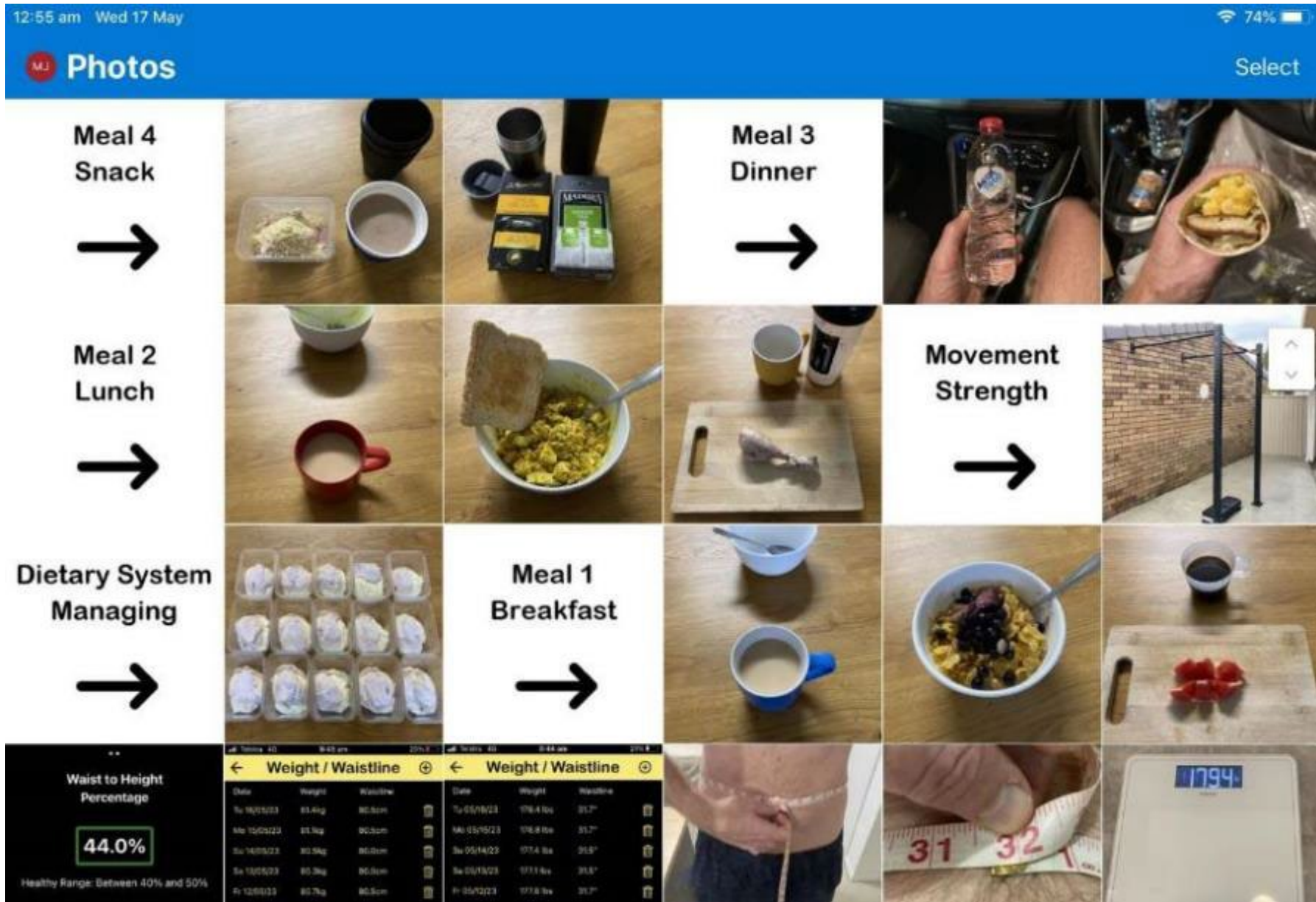


Day / Date / Time of Measurements: Wednesday, May 17th, 5.10am
 Note: ... to when I was out on the road, and it was time for a bite to eat, it would nearly always be followed up with a bottle of water.

Pounds / Inches: 179 lbs / 31.9 in
 Kilograms / Centimetres: 81.2 kgs / 81 cm
 Ever tried a Caramello Koala? They're pretty good.

Improvement After Movement

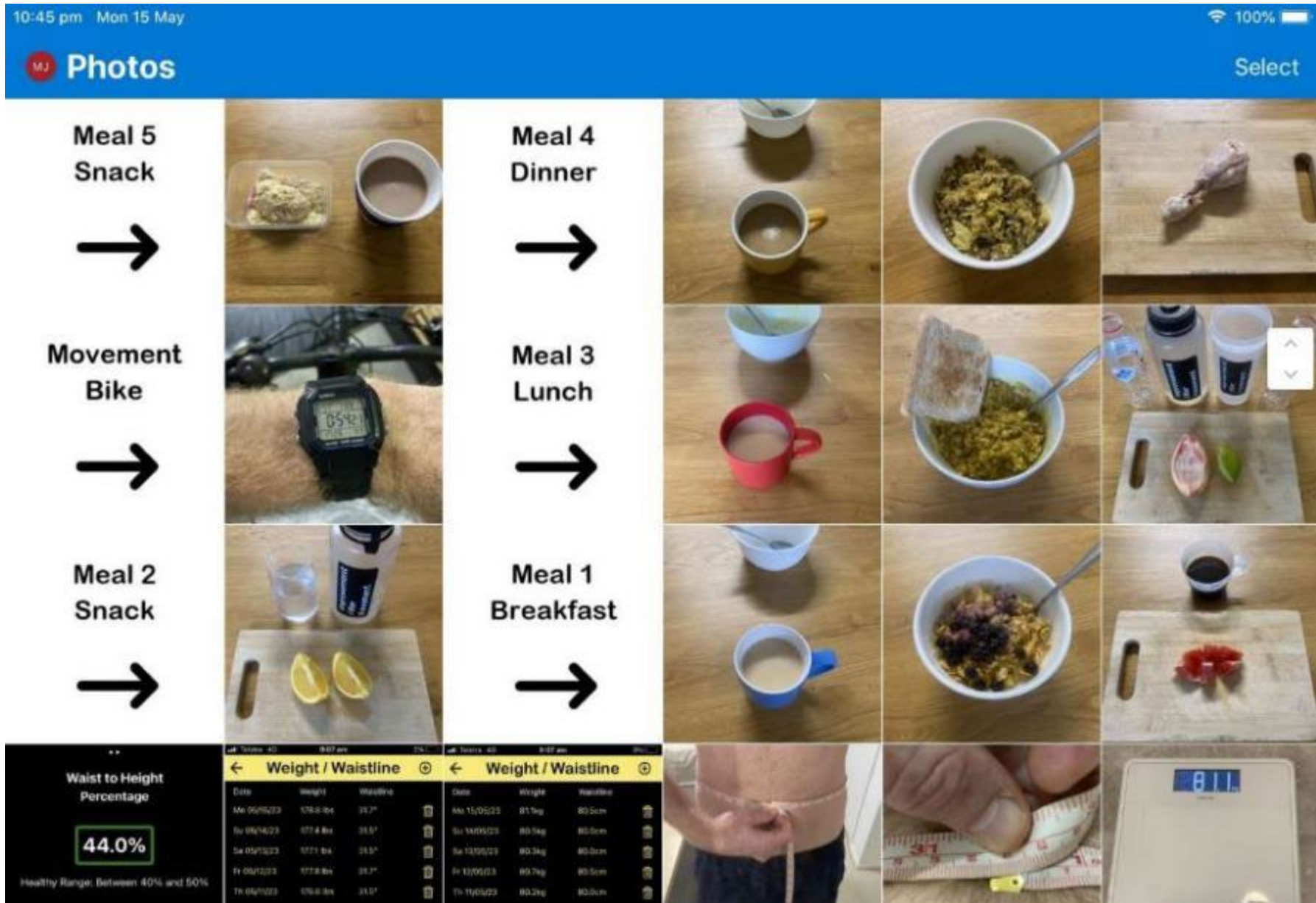
How To Get To Q1 Waist to Height (WtH)



| | |
|---|---|
| Day / Date / Time of Measurements: Tuesday, May 16th, 9.40am | Pounds / Inches: 179.4 lbs / 31.7 in |
| Note: The yoghurt in this Dietary System Managing photo is a perfect example of how I was still finding my way with the best number of -containers of yoghurt to add to my Meal 1 Breakfast meal, on this day ... | Kilograms / Centimetres: 81.4 kgs / 80.5 cm |

Improvement After Movement

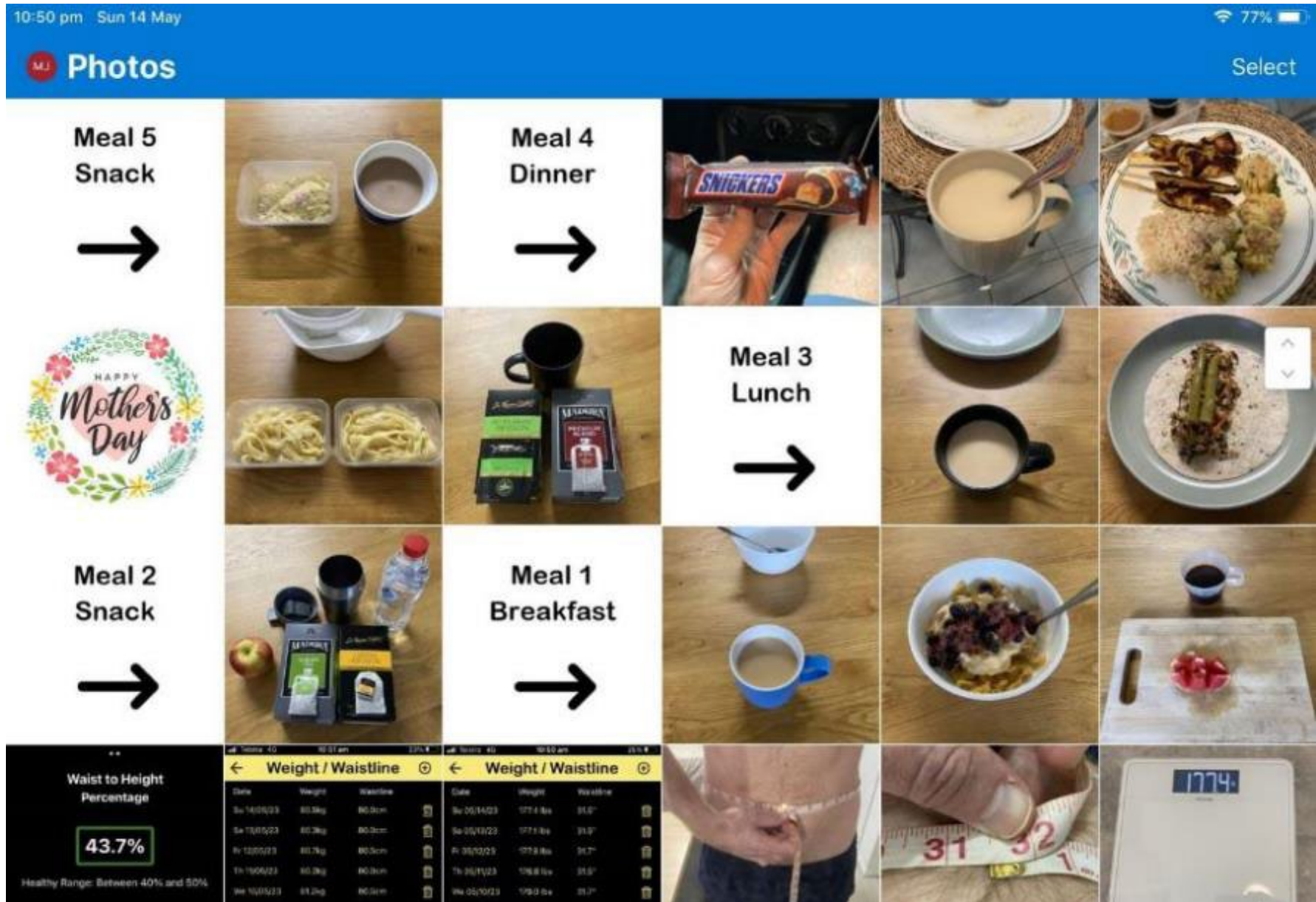
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Monday, May 15th, 9.05am
 Note: ... it was 15, then on May 31 I reduced my serving size to be spread across 20 containers, then on June 20 I reduced my serving sizes-
 Pounds / Inches: 178.8 lbs / 31.7 in
 Kilograms / Centimetres: 81.1 kgs / 80.5 cm
 -for a third time to be spread across 24 containers, saving money too.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Sunday, May 14th, 10.45am
 Note: Mother's Day dinner with Mum, I didn't realise until after posting these dinner photos but the Happy Mother's Day image I bought for-

Pounds / Inches: 177.4 lbs / 31.5 in
 Kilograms / Centimetres: 80.5 kgs / 80 cm
 -this page is similar to the plate design on my Mum's kitchen plates.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

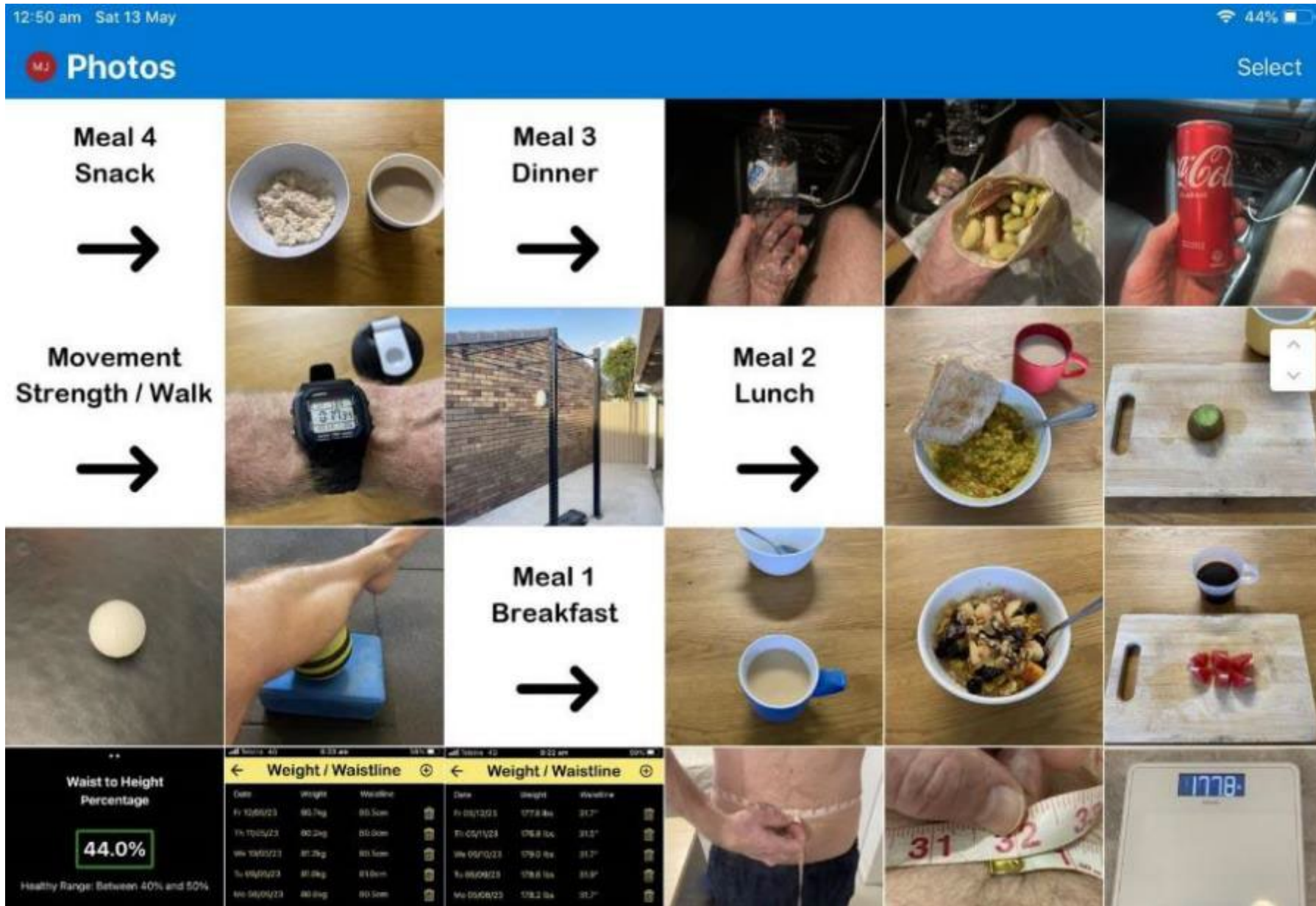


Day / Date / Time of Measurements: Saturday, May 13th, 10am
 Note: With the rice and pasta I eat in Australia I noticed something interesting with the cooking of each, from uncooked to cooked weight.-

Pounds / Inches: 177.1 lbs / 31.5 in
 Kilograms / Centimetres: 80.3 kgs / 80 cm
 -I found that my rice doubled its weight, and my pasta tripled its weight.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Friday, May 12th, 8.20am
 Note: Having a few self-massage tools I've found to be so beneficial for being able to keep my body moving, even with little injuries.



Pounds / Inches: 177.8 lbs / 31.7 in
 Kilograms / Centimetres: 80.7 kgs / 80.5 cm

Improvement After Movement




How To Get To Q1 Waist to Height (WtH)



11:11 pm Thu 11 May 100% 100%

M.J. Photos Select

Meal 5 Snack →  **Meal 4 Dinner** → 




Today, 2020.
186.3 lbs / 34.25"
84.5kg / 87cm

→   **Meal 3 Lunch** → 

Meal 2 Snack →  **Meal 1 Breakfast** → 

Waist to Height Percentage
43.7%
Healthy Range: Between 40% and 50%

| ← Weight / Waistline | | | ← Weight / Waistline | | |
|----------------------|-----------|-----------|----------------------|--------|-----------|
| Date | Weight | Waistline | Date | Weight | Waistline |
| Th 05/11/23 | 176.8 lbs | 31.5" | Th 11/05/23 | 80.2kg | 80.0cm |
| W 05/09/23 | 178.0 lbs | 31.7" | W 10/05/23 | 81.2kg | 80.5cm |
| Tu 05/09/23 | 178.8 lbs | 31.8" | Tu 09/05/23 | 81.0kg | 81.0cm |
| Mo 05/08/23 | 178.2 lbs | 31.7" | Mo 08/05/23 | 80.9kg | 80.5cm |
| Su 05/07/23 | 177.7 lbs | 31.7" | Su 07/05/23 | 80.8kg | 80.5cm |

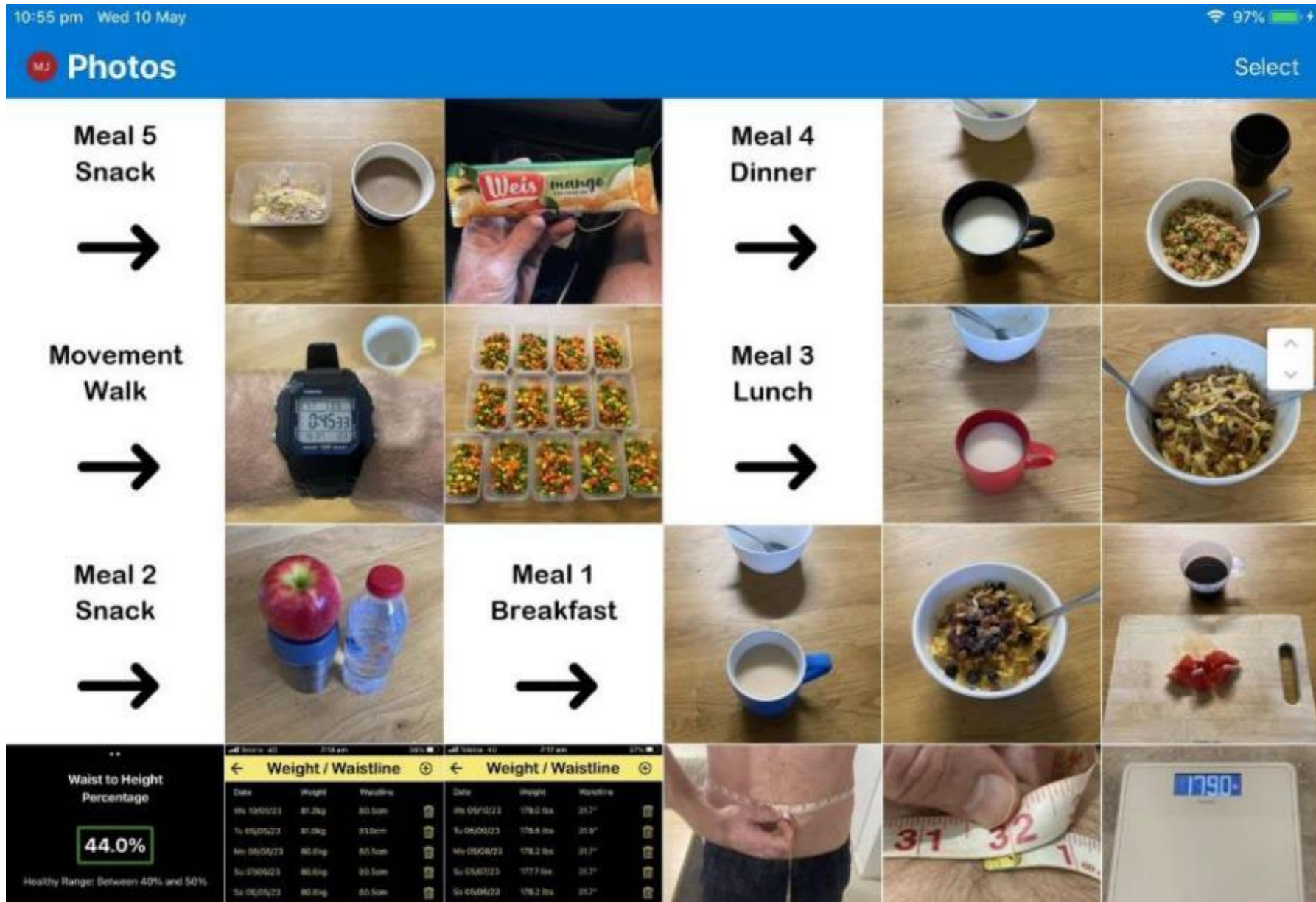
  

Day / Date / Time of Measurements: Thursday, May 11th, 8.45am
 Note: My waistline 3 years earlier to the day was 7 cm / 2.75 inches more than it was today, but my weight was only 4.3 kgs / 9.5 lbs less,-

Pounds / Inches: 176.8 lbs / 31.5 in
 Kilograms / Centimetres: 80.2 kgs / 80 cm
 -this tells me I've added about 2-3 kgs / 5-6 lbs lean muscle mass.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

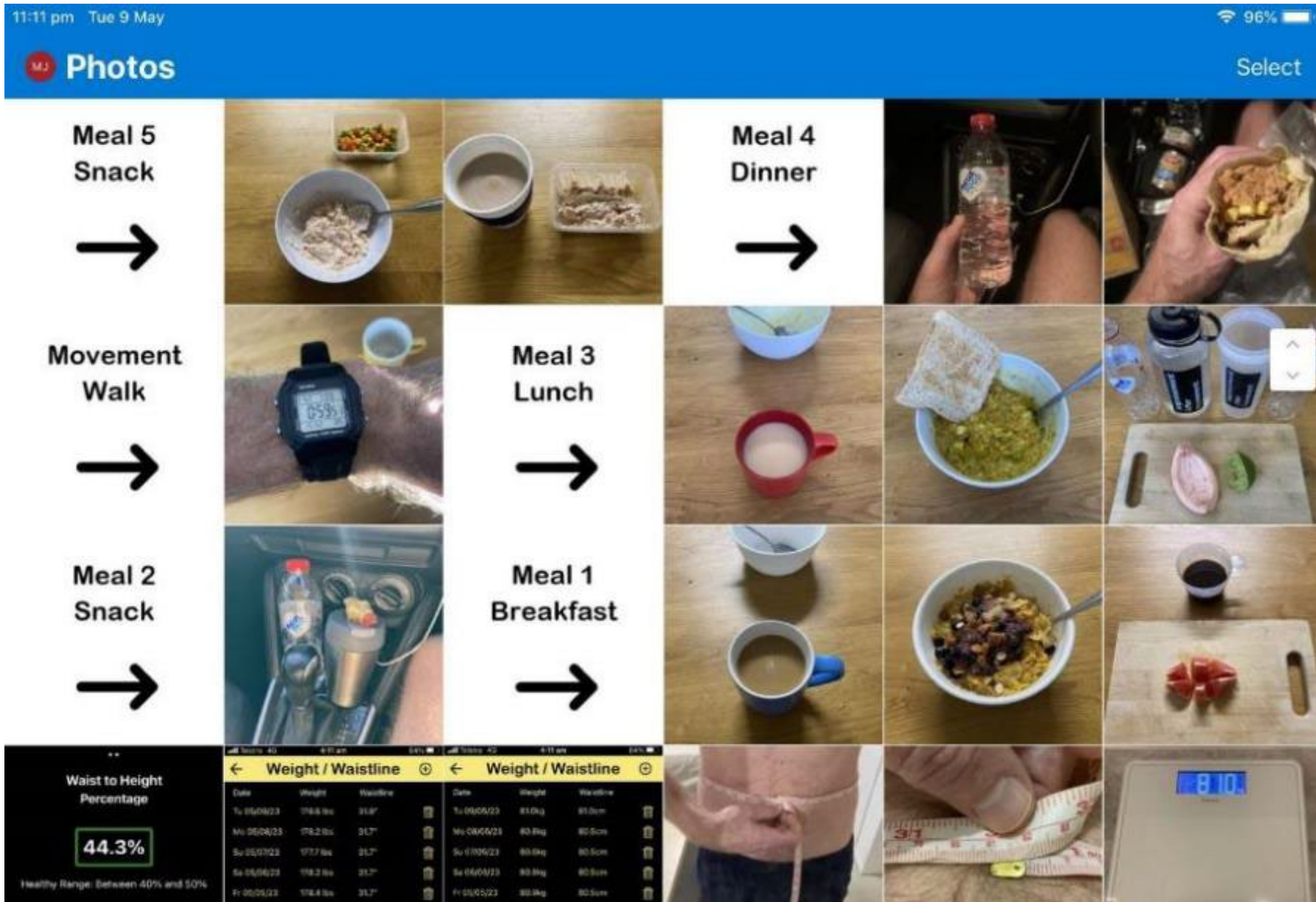


Day / Date / Time of Measurements: Wednesday, May 10th, 7.15am
 Note: 13 x 75g = 1kg (1,000 grams) frozen mixed veggie bag.

Pounds / Inches: 179 lbs / 31.7 in
 Kilograms / Centimetres: 81.2 kgs / 80.5 cm

Improvement After Movement

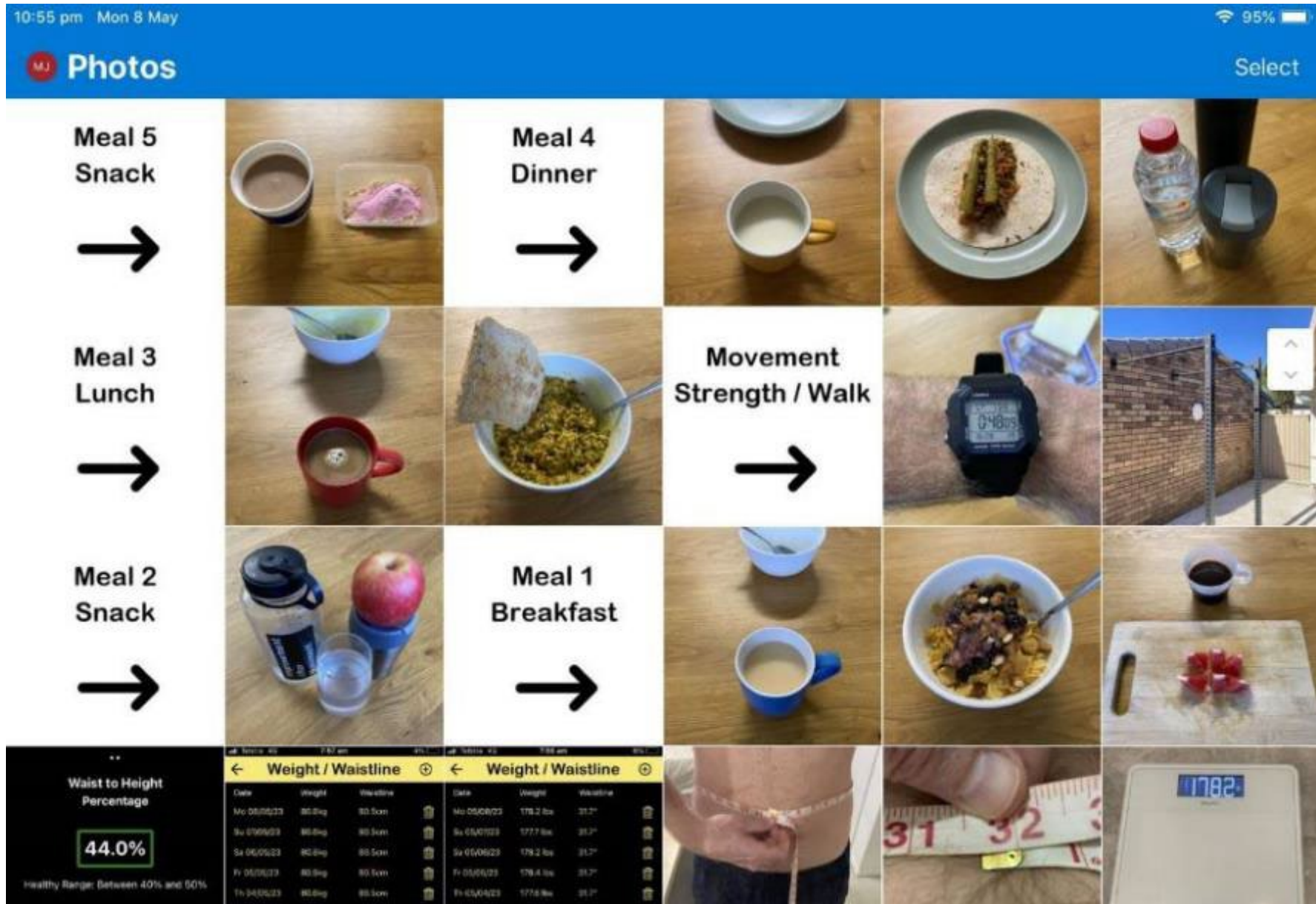
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Tuesday, May 9th, 4.05am
 Note: For a while I experimented with ordering just a grilled chicken snack wrap from McDonald's (no extra chicken) and adding a small can-
 Pounds / Inches: 178.6 lbs / 31.9 in
 Kilograms / Centimetres: 81 kgs / 81 cm
 -of tuna to it, along with the can of corn or edamame.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Monday, May 8th, 7.55am
 Note: While I was recording notes in my health diary, each month I would focus one specific nutrient or aspect of health I was interested-

Pounds / Inches: 178.2 lbs / 31.7 in
 Kilograms / Centimetres: 80.8 kgs / 80.5 cm
 -in, this May month I focused on Vitamin D, I wasn't aware of this but ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

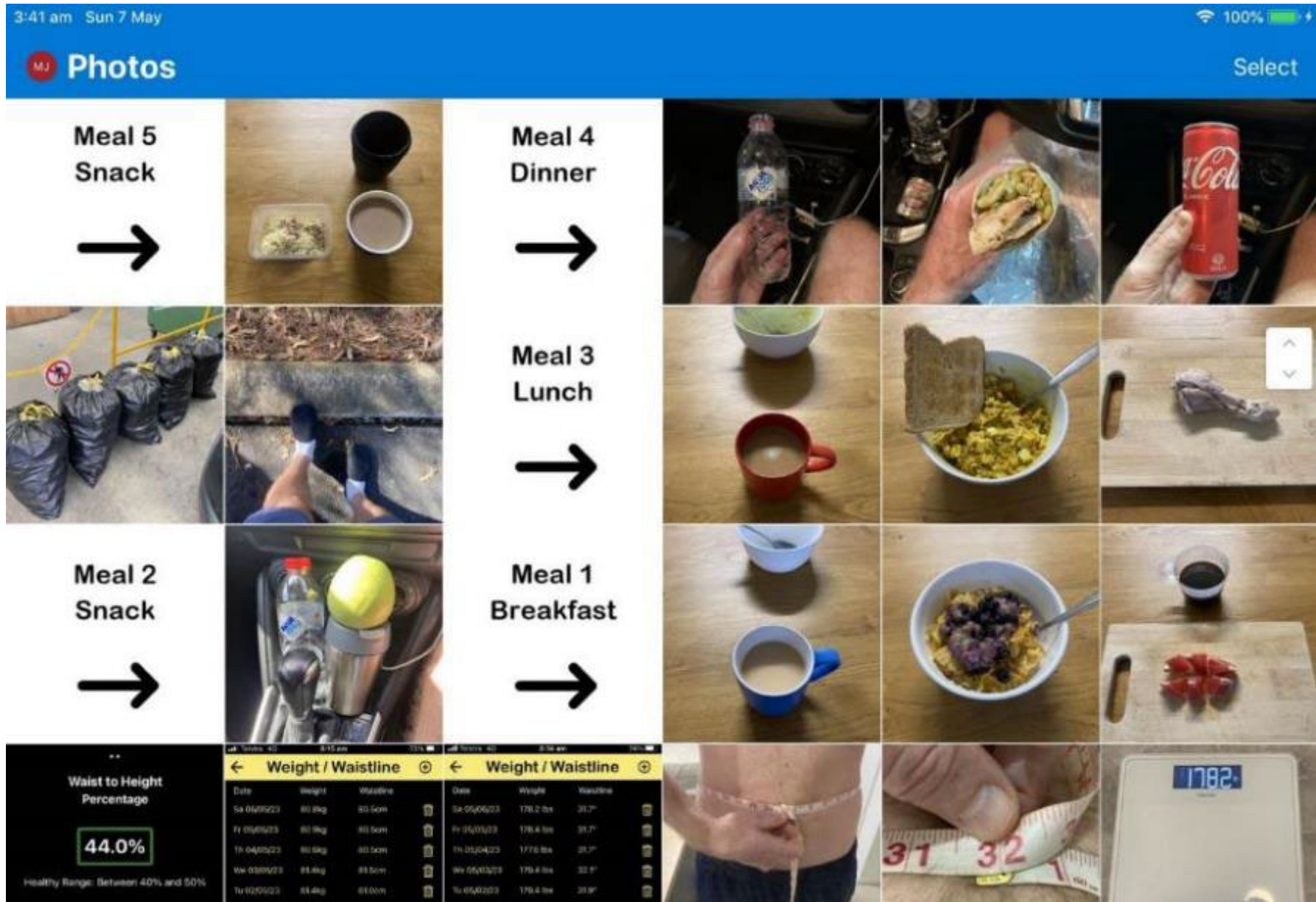


Day / Date / Time of Measurements: Sunday, May 7th, 10.25am
 Note: Vitamin D and Calcium are linked, if you want the Calcium you're consuming daily to be absorbed effectively, it's very important you're-

Pounds / Inches: 177.7 lbs / 31.7 in
 Kilograms / Centimetres: 80.6 kgs / 80.5 cm
 -reaching your required Vitamin D levels, via sunlight, diet or both.

Improvement After Movement

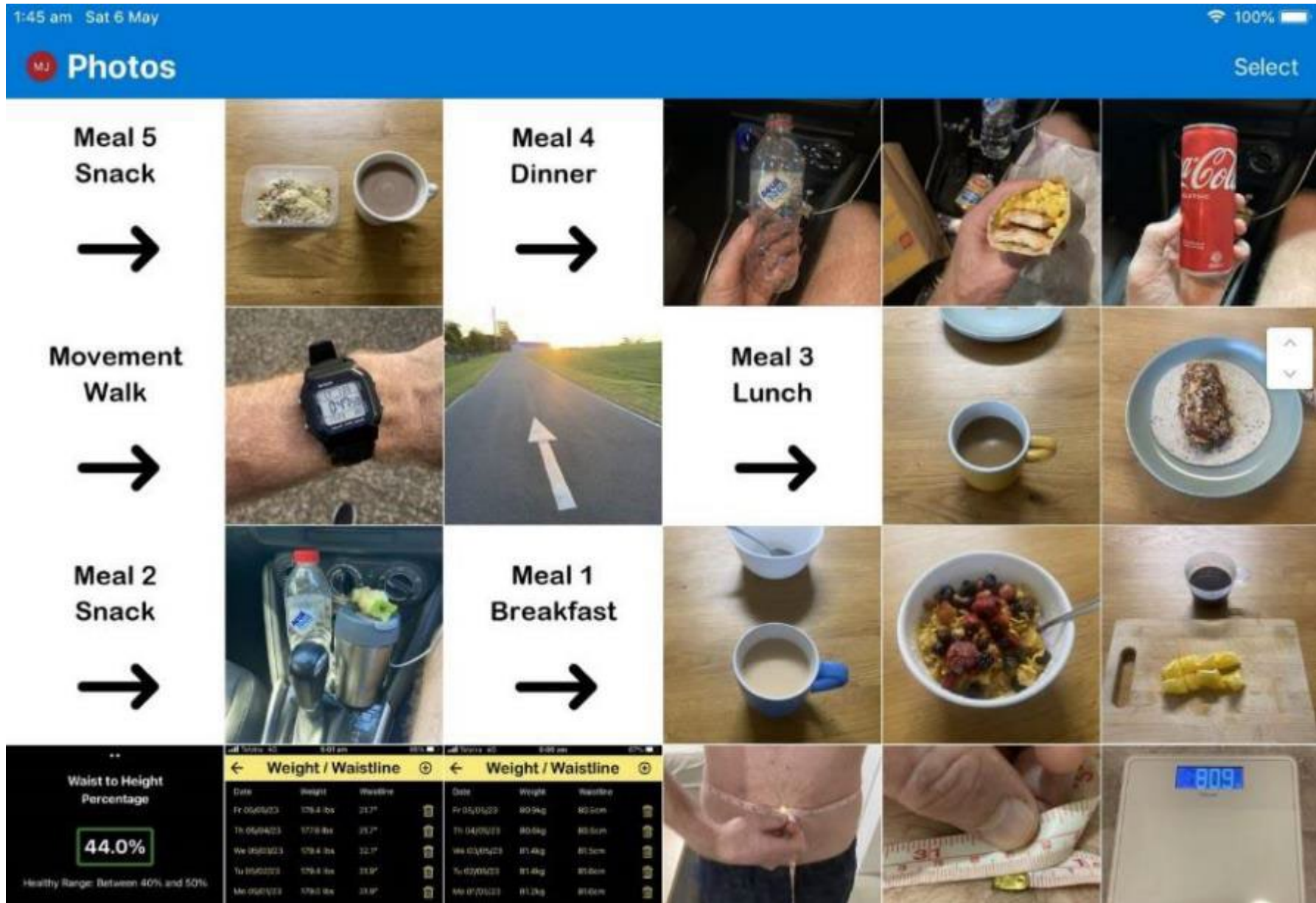
How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Saturday, May 6th, 8.10am | Pounds / Inches: 178.2 lbs / 31.7 in |
| Note: That can of coke wasn't drunk with the McDonald's wrap, I hadn't created soft drink or treat labels at this point, from here on in you're- | Kilograms / Centimetres: 80.8 kgs / 80.5 cm |
| | -going to see how my picture book has come together naturally, like ... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

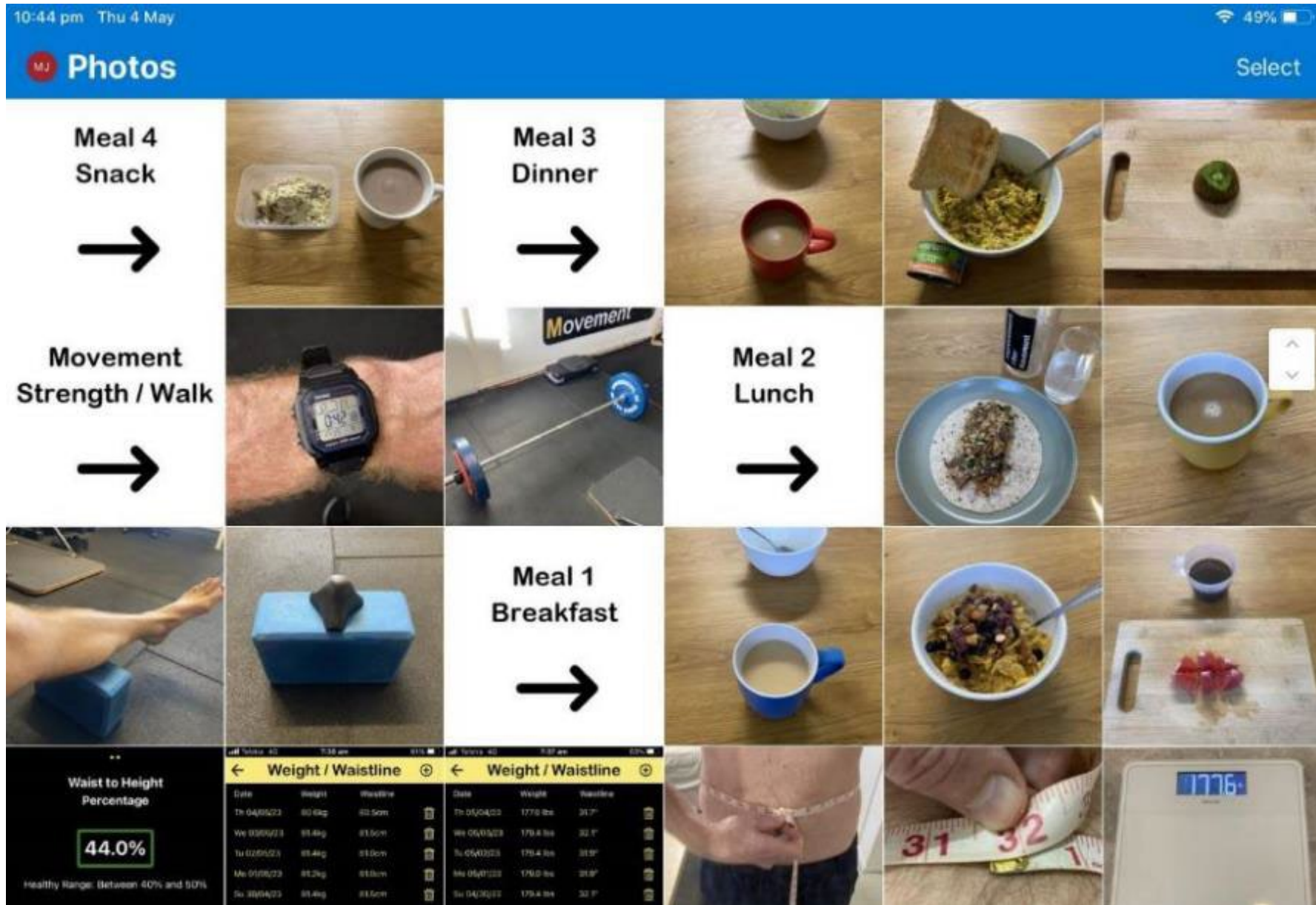


Day / Date / Time of Measurements: Friday, May 5th, 5.55am
 Note: the development of your own dietary system will too if you choose to go down this life-changing path.

Pounds / Inches: 178.4 lbs / 31.7 in
 Kilograms / Centimetres: 80.9 kgs / 80.5 cm

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

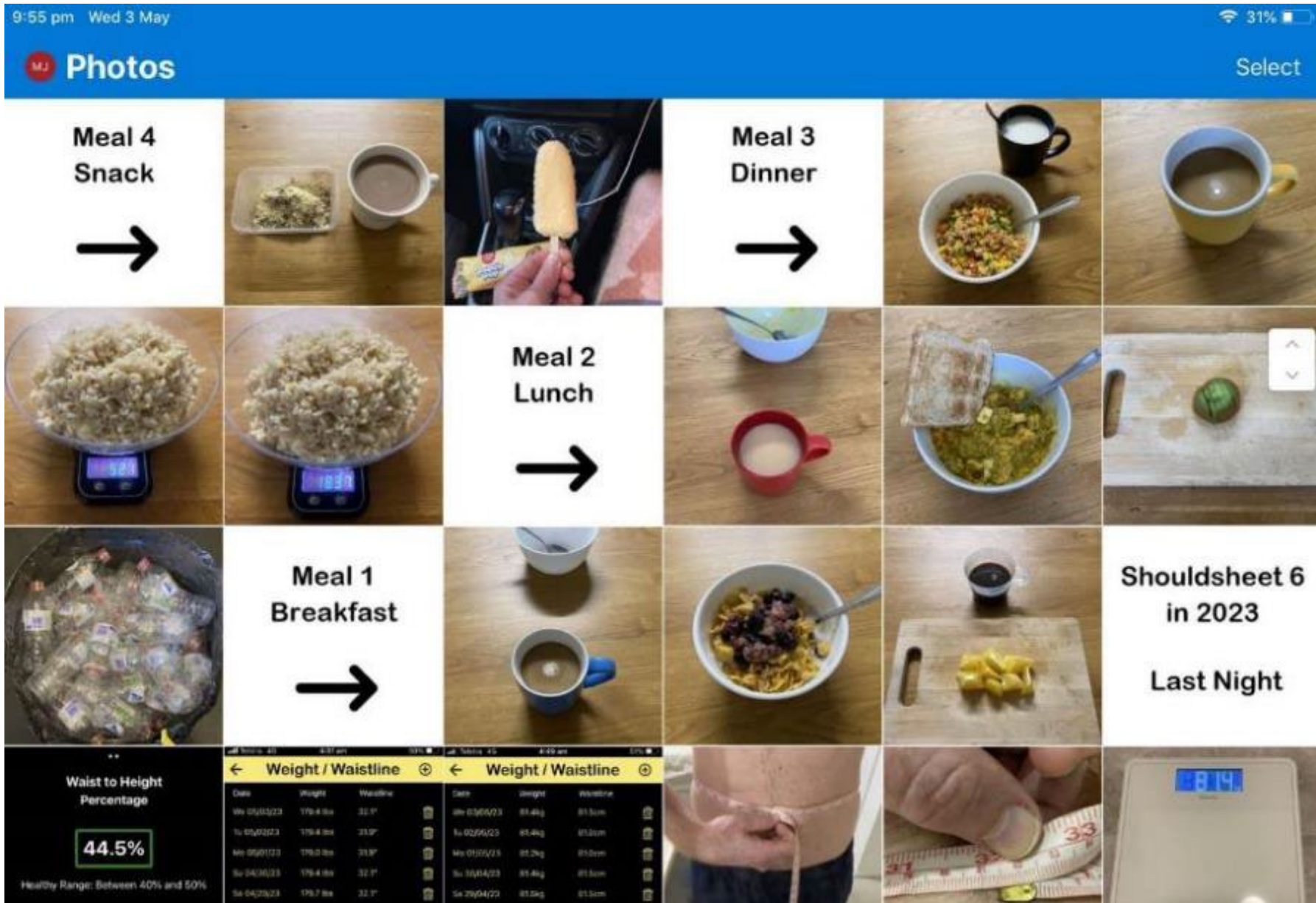


Day / Date / Time of Measurements: Thursday, May 4th, 7.35am
 Note: As soon as you learn the serving size weights for each of the 5 food groups, you're away, you'll start to see your daily diet through the-

Pounds / Inches: 177.6 lbs / 31.7 in
 Kilograms / Centimetres: 80.6 kgs / 80.5 cm
 -lens of the Pyramid, for me now, I have 2.5 serves of grains for ...

Improvement After Movement

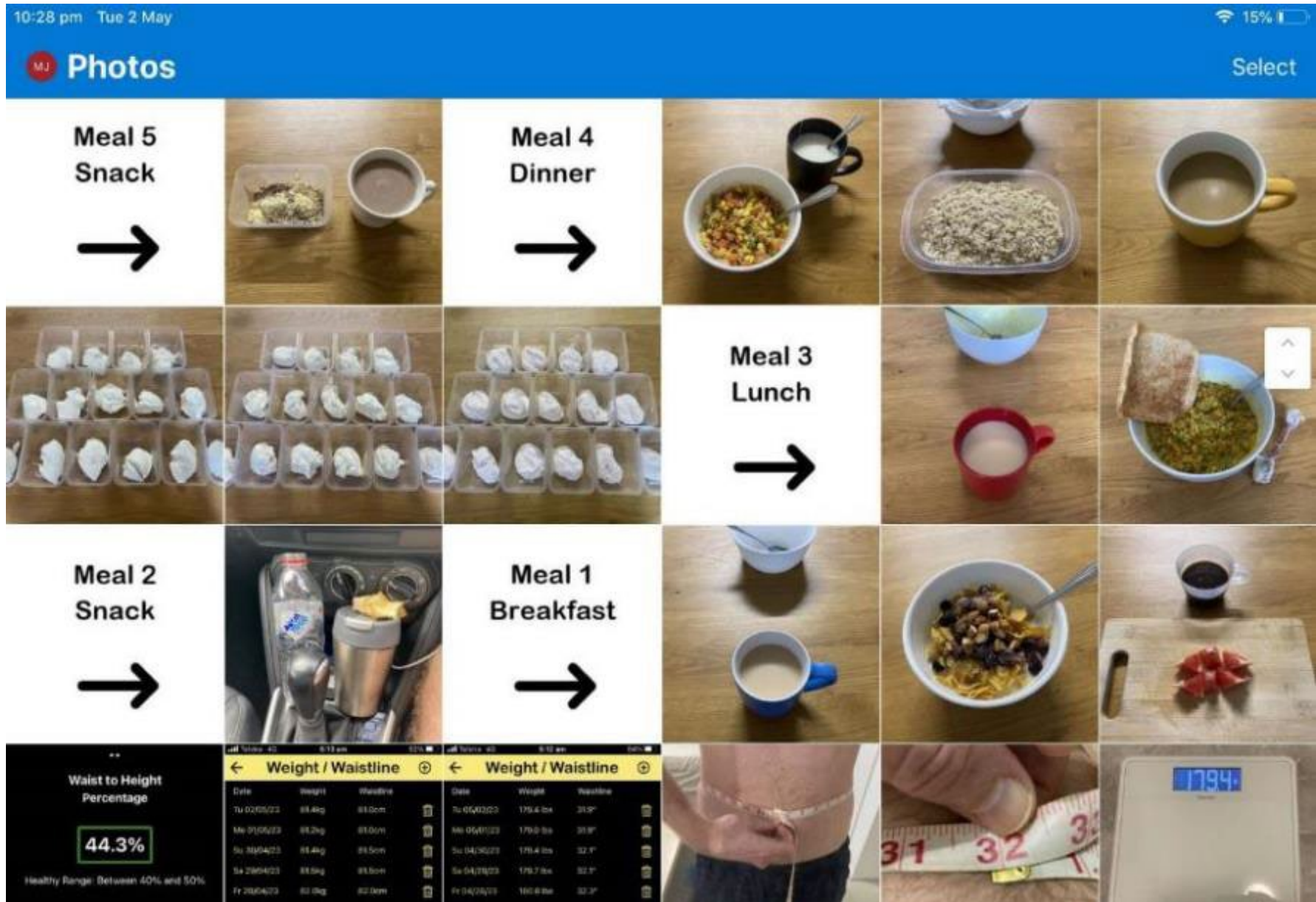
How To Get To Q1 Waist to Height (WtH)



| | |
|---|---|
| Day / Date / Time of Measurements: Wednesday, May 3rd, 4.45am | Pounds / Inches: 179.4 lbs / 32.1 in |
| Note: ... breakfast, spread across Quick Oats (1.5 serves) and a cup of Corn Flakes (1 serve) it can be slightly more than one serve depending- | Kilograms / Centimetres: 81.4 kgs / 81.5 cm |
| | -on how full the cereal box is, bottom of the box cup's weigh more. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

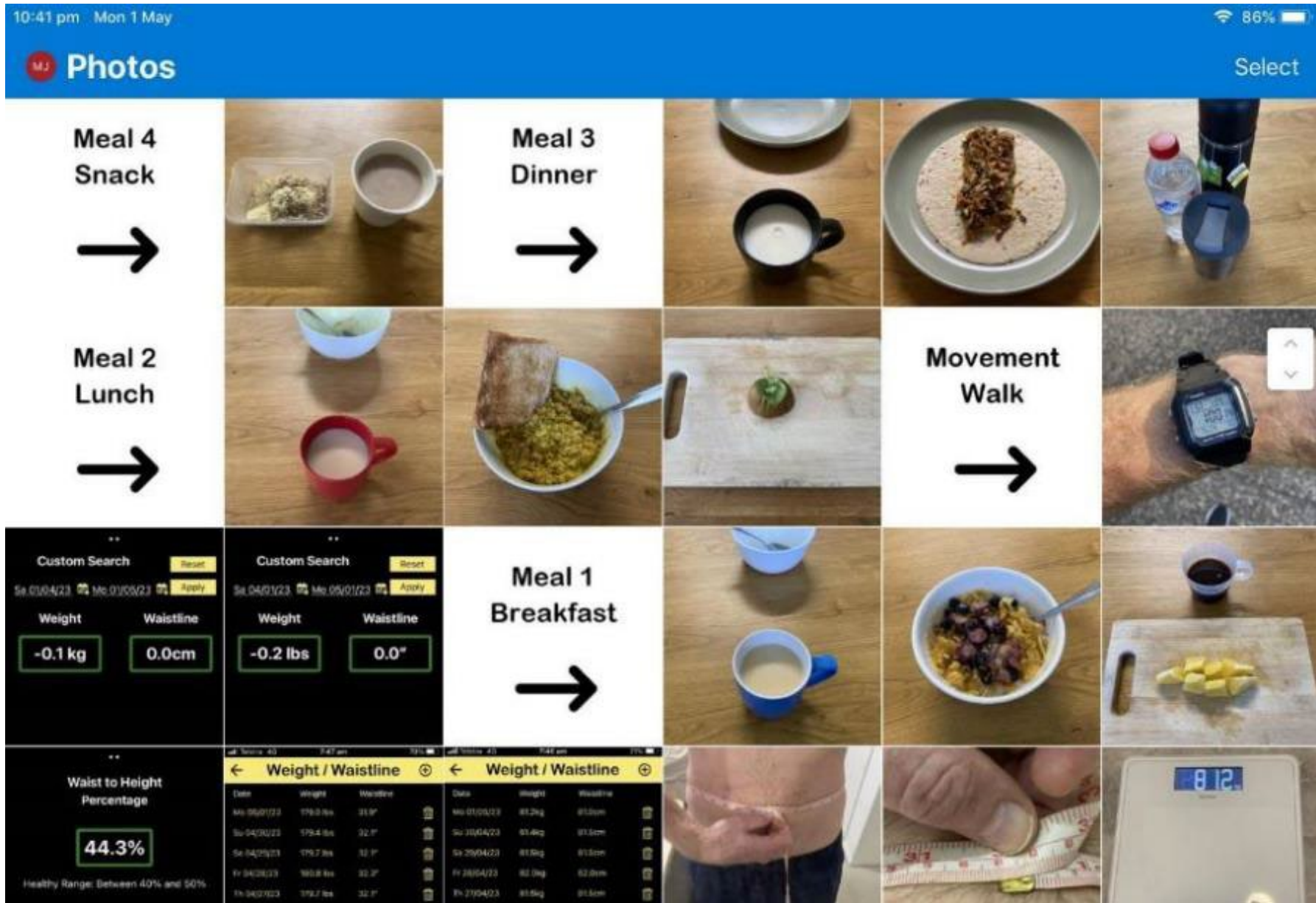


Day / Date / Time of Measurements: Tuesday, May 2nd, 6.10am
 Note: More indication of the yoghurt component of my dietary system developing, I was still separating the two yoghurt's you've seen being-

Pounds / Inches: 179.4 lbs / 31.9 in
 Kilograms / Centimetres: 81.4 kgs / 81 cm
 -combined in earlier pages, combining the two is space and time saving.

Improvement After Movement

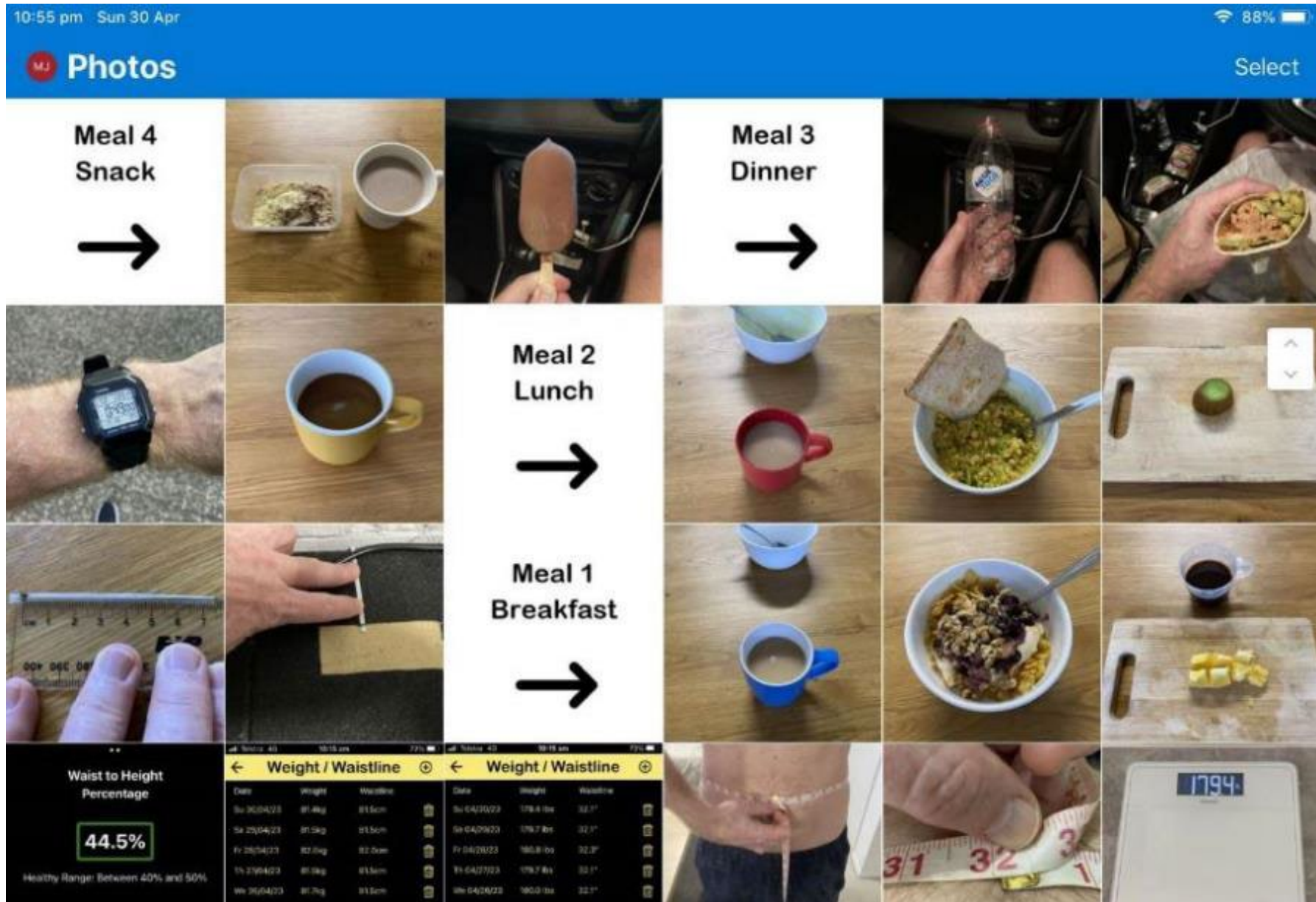
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Monday, May 1st, 7.45am
 Note: The two Custom Search screens above WtH and Weight / Waistline pic is my progress from April 1 to May 1, no real reductions, - Pounds / Inches: 179 lbs / 31.9 in
 Kilograms / Centimetres: 81.2 kgs / 81 cm
 -but it will be my second biggest turning point month after January.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

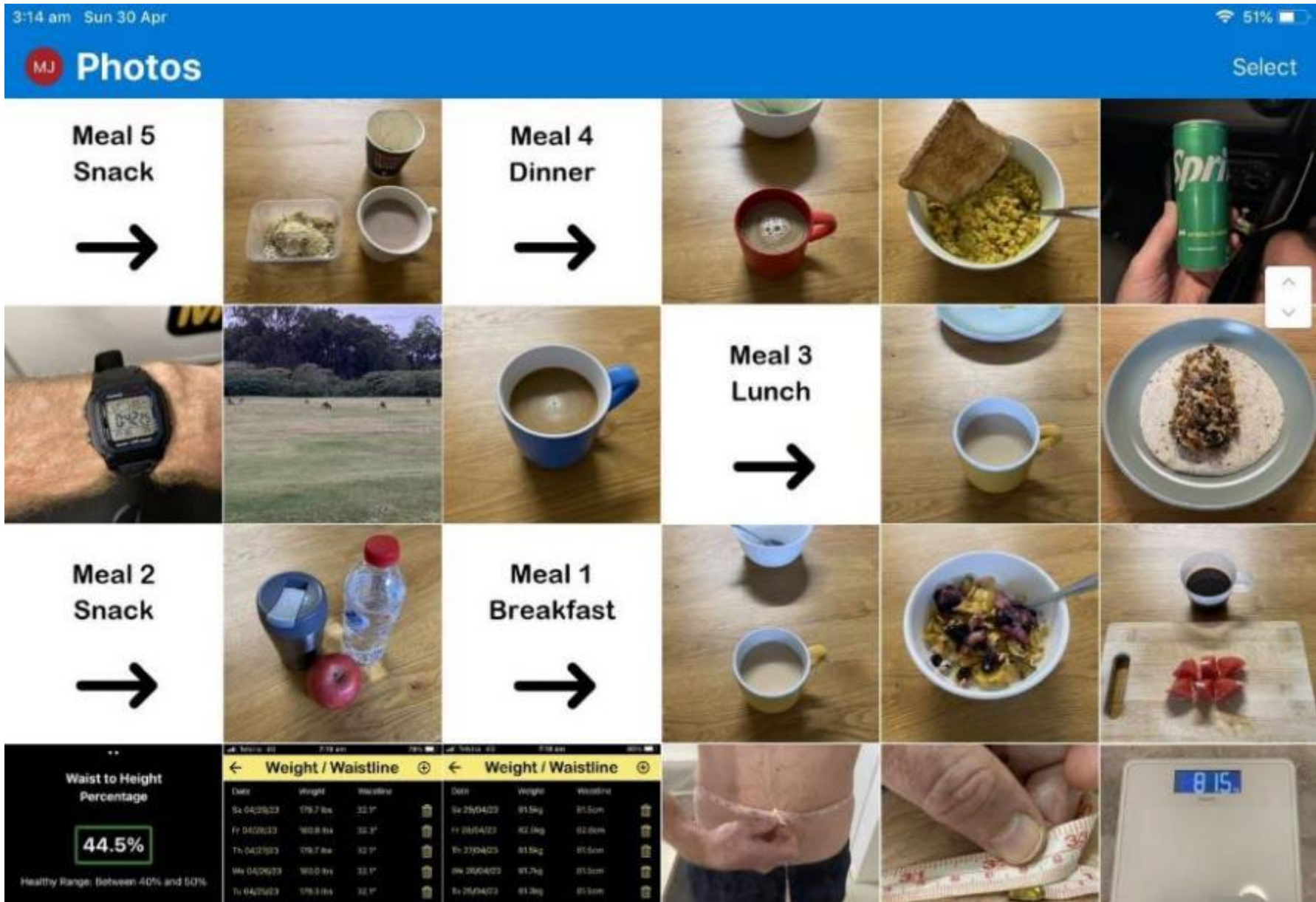


Day / Date / Time of Measurements: Sunday, April 30th, 10.10am
 Note: I look forward to my 2.5 serves Corn Flakes and double serving of yoghurt I have on Sunday's, as well as my bigger Weekend treat.

Pounds / Inches: 179.4 lbs / 32.1 in
 Kilograms / Centimetres: 81.4 kgs / 81.5 cm

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

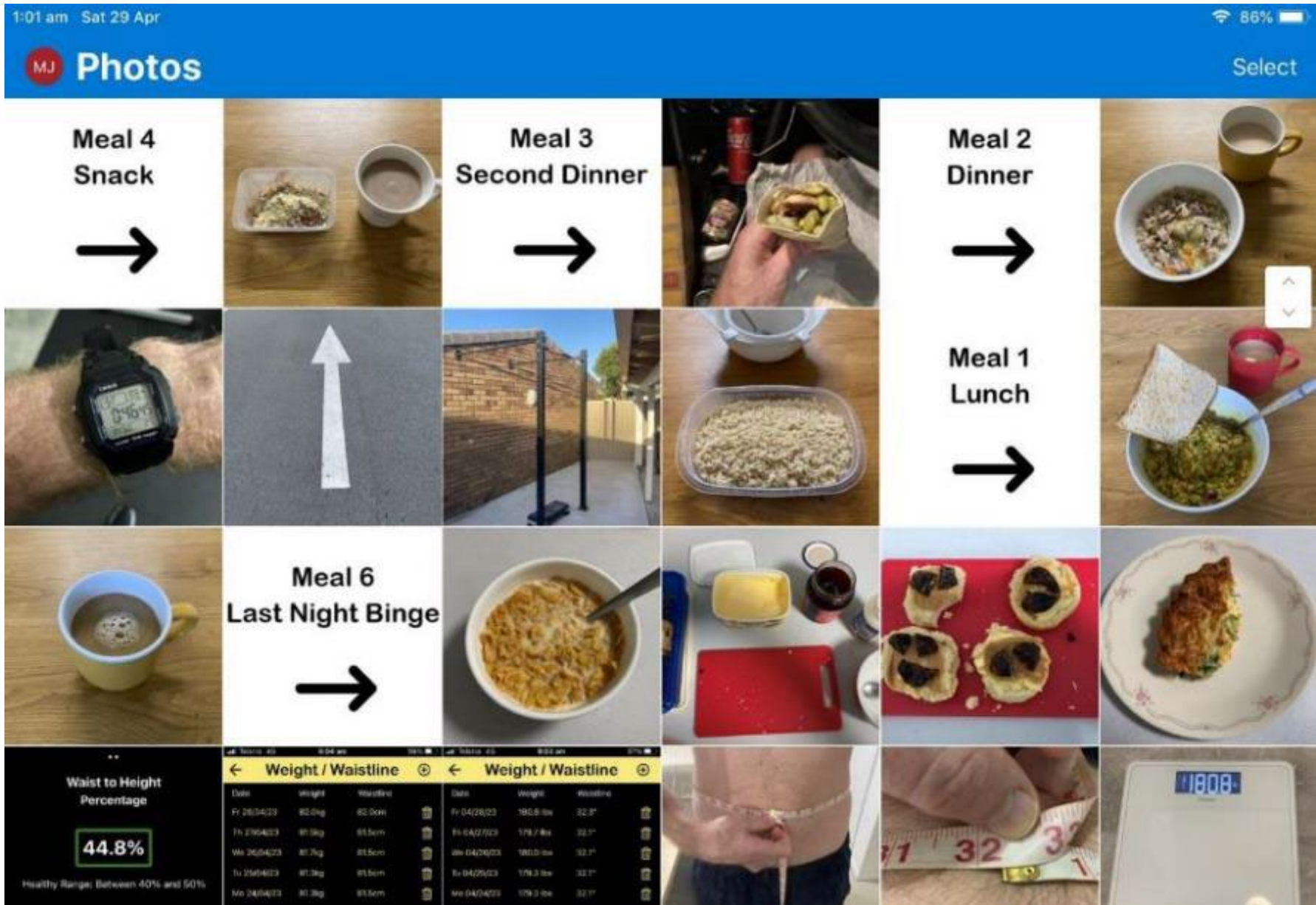


Day / Date / Time of Measurements: Saturday, April 29th, 7.15am
 Note: I've heard some nutrition experts say that all vegetarian animals are fat, well... Kangaroo meat is one of the leanest red meats you can-

Pounds / Inches: 179.7 lbs / 32.1 in
 Kilograms / Centimetres: 81.5 kgs / 81.5 cm
 -buy, and you'll see that for the most part, they only eat grass.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

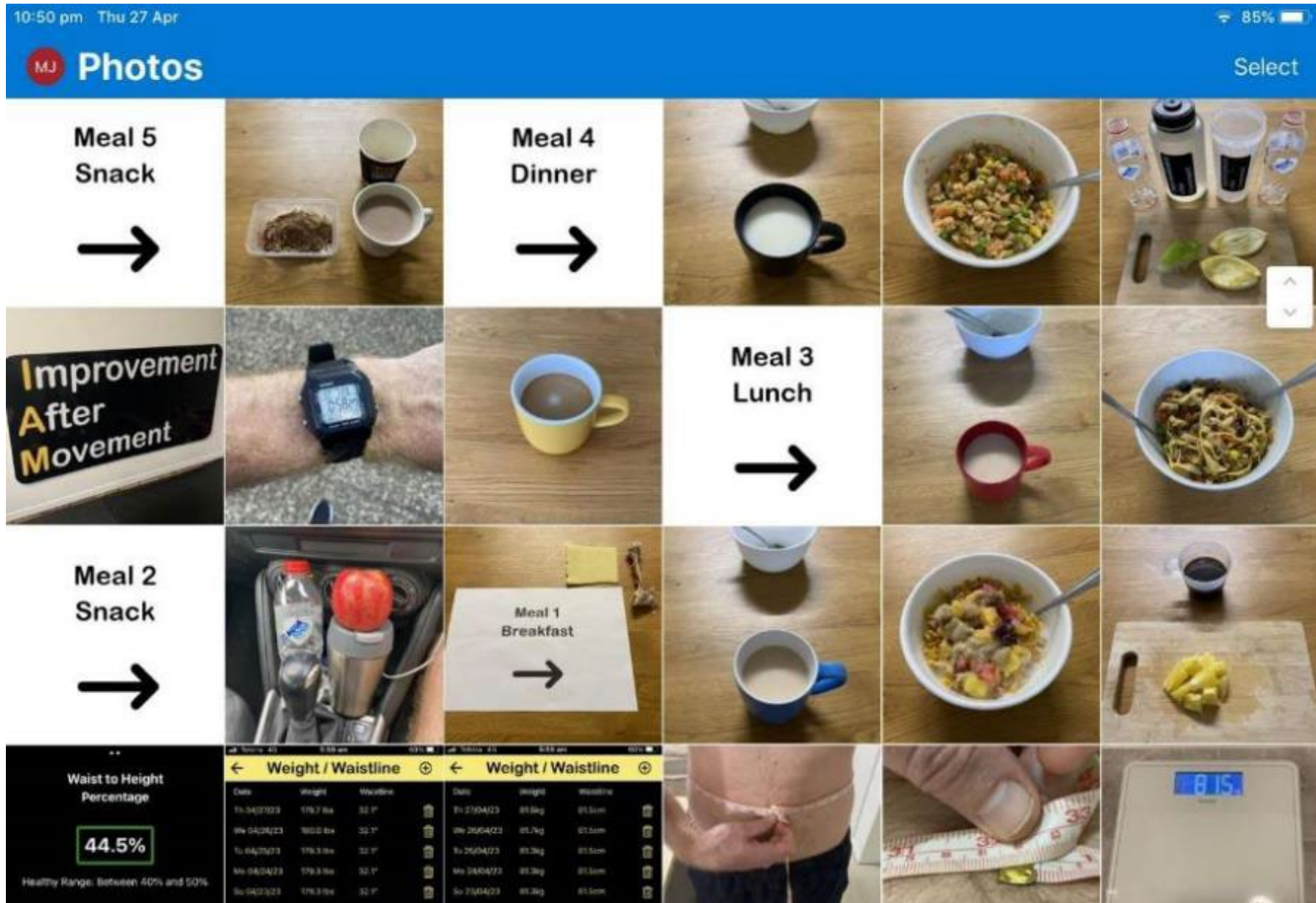


Day / Date / Time of Measurements: Friday, April 28th, 9am
 Note: Binge #10 (my final binge), my notes said I was pretty tired, tiredness used to be my biggest binge trigger, it no longer is. The 2nd &-

Pounds / Inches: 180.8 lbs / 32.3 in
 Kilograms / Centimetres: 82 kgs / 82 cm
 -3rd pics include both crackers and peanut butter, you'll see now I've...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

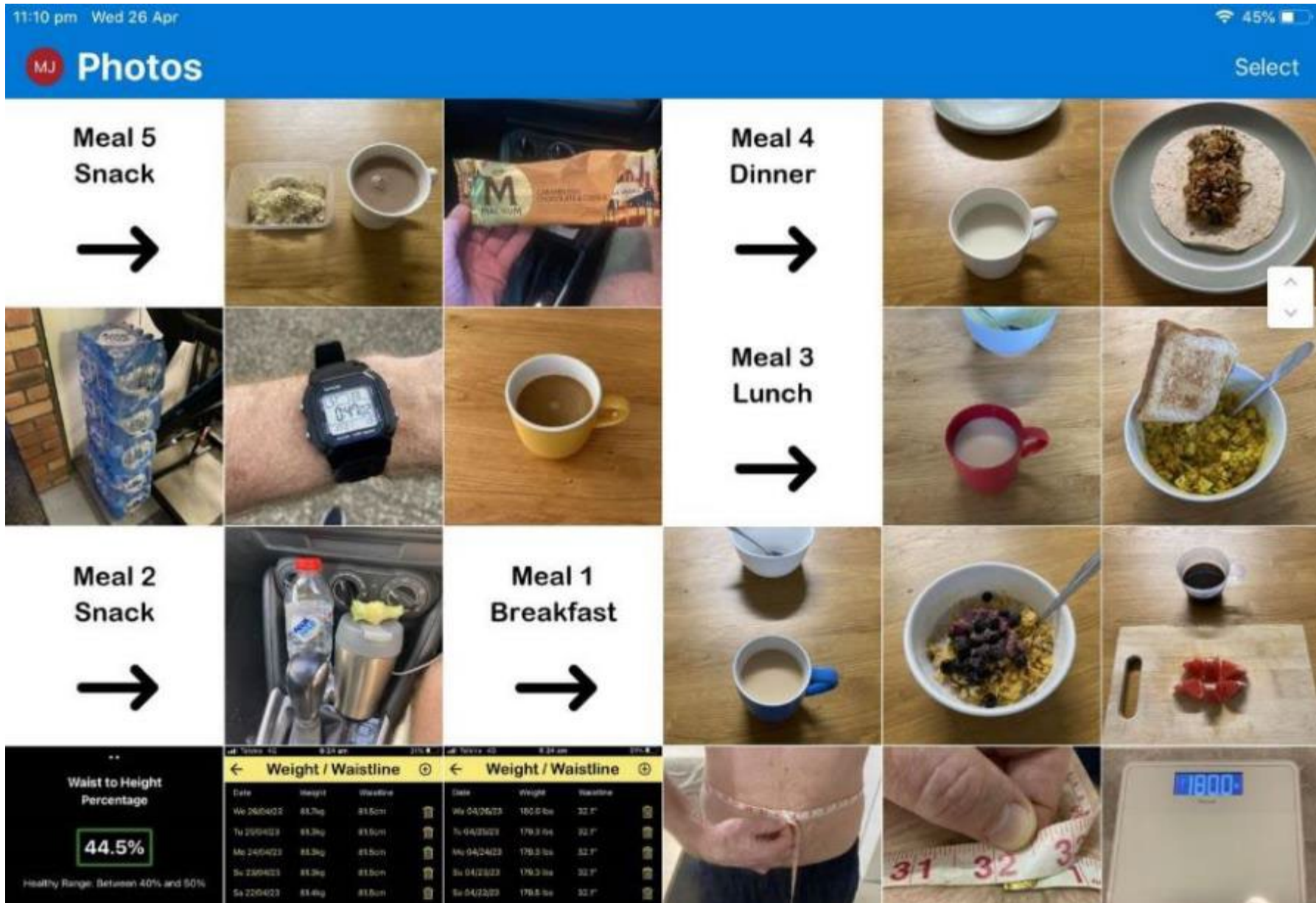


Day / Date / Time of Measurements: Thursday, April 27th, 5.55am
 Note: I've re-introduced both of them back into my dietary system, because I like them and I can eat them now without binge eating them.

Pounds / Inches: 179.7 lbs / 32.1 in
 Kilograms / Centimetres: 81.5 kgs / 81.5 cm

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

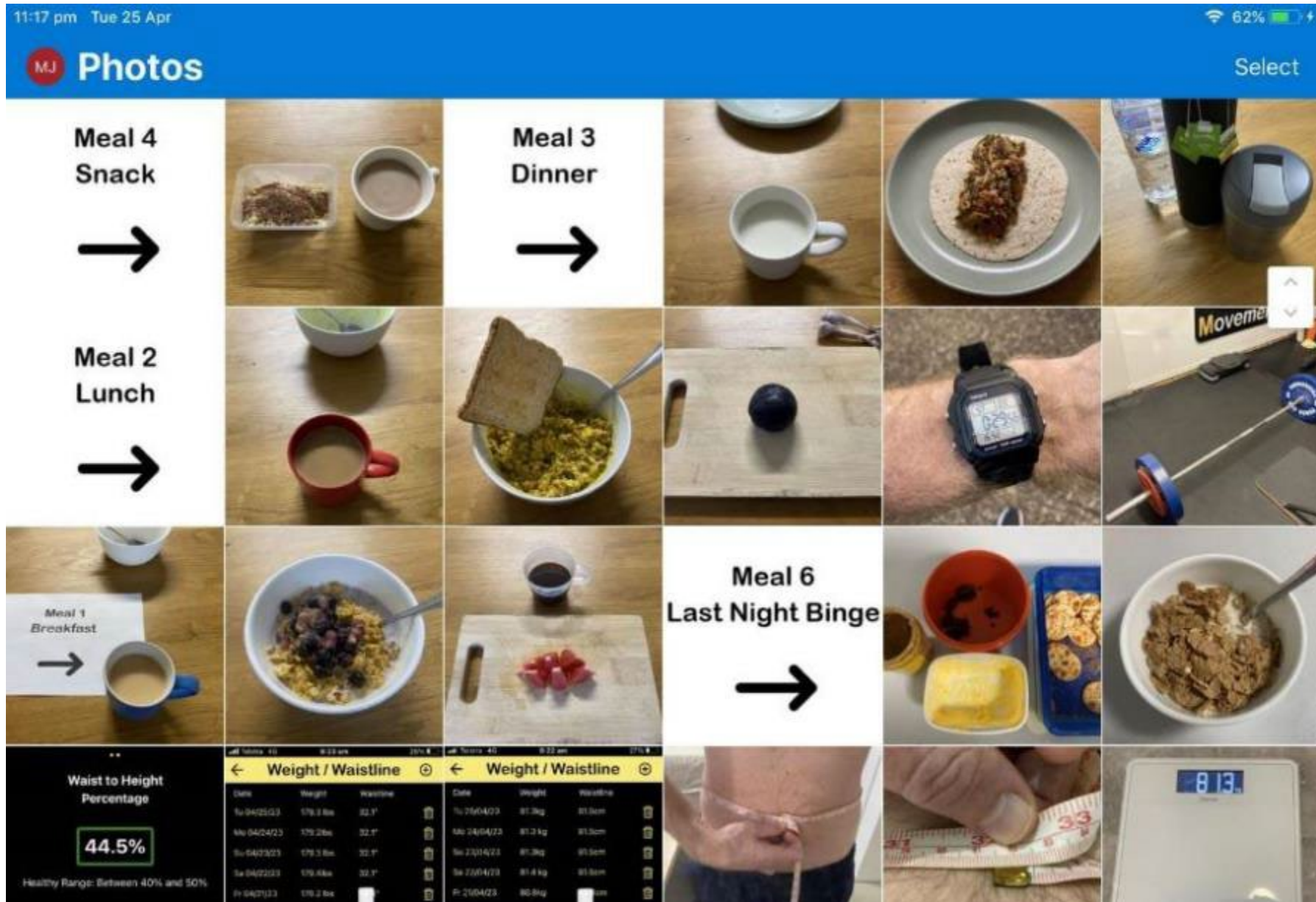


Day / Date / Time of Measurements: Wednesday, April 26th, 6.20am
 Note: Once again, I'm not going to be buying these water bottles anymore, but I think seeing empty bottles amongst the 1-2 weekly soft-

Pounds / Inches: 180 lbs / 32.1 in
 Kilograms / Centimetres: 81.7 kgs / 81.5 cm
 -drink cans puts into perspective my water to soft drink balance.

Improvement After Movement

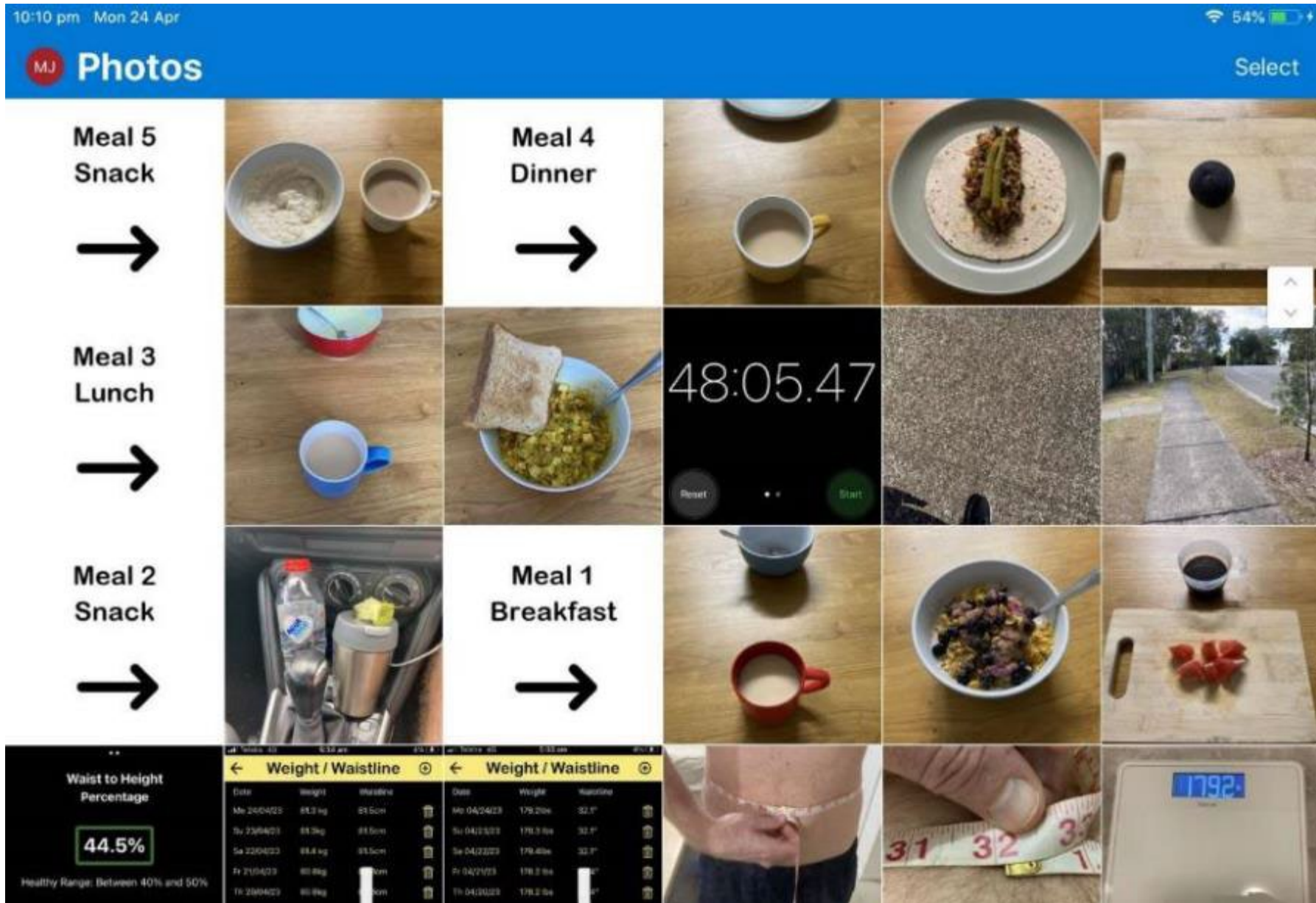
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Tuesday, April 25th, 8.20am
 Note: Binge #9 from last night, see the crackers and peanut butter again, combined with dates and butter, it doesn't say in my health diary but I-
 Pounds / Inches: 179.3 lbs / 32.1 in
 Kilograms / Centimetres: 81.3 kgs / 81.5 cm
 -probably ate between 10 and 20 biscuits, after having the cereal.

Improvement After Movement

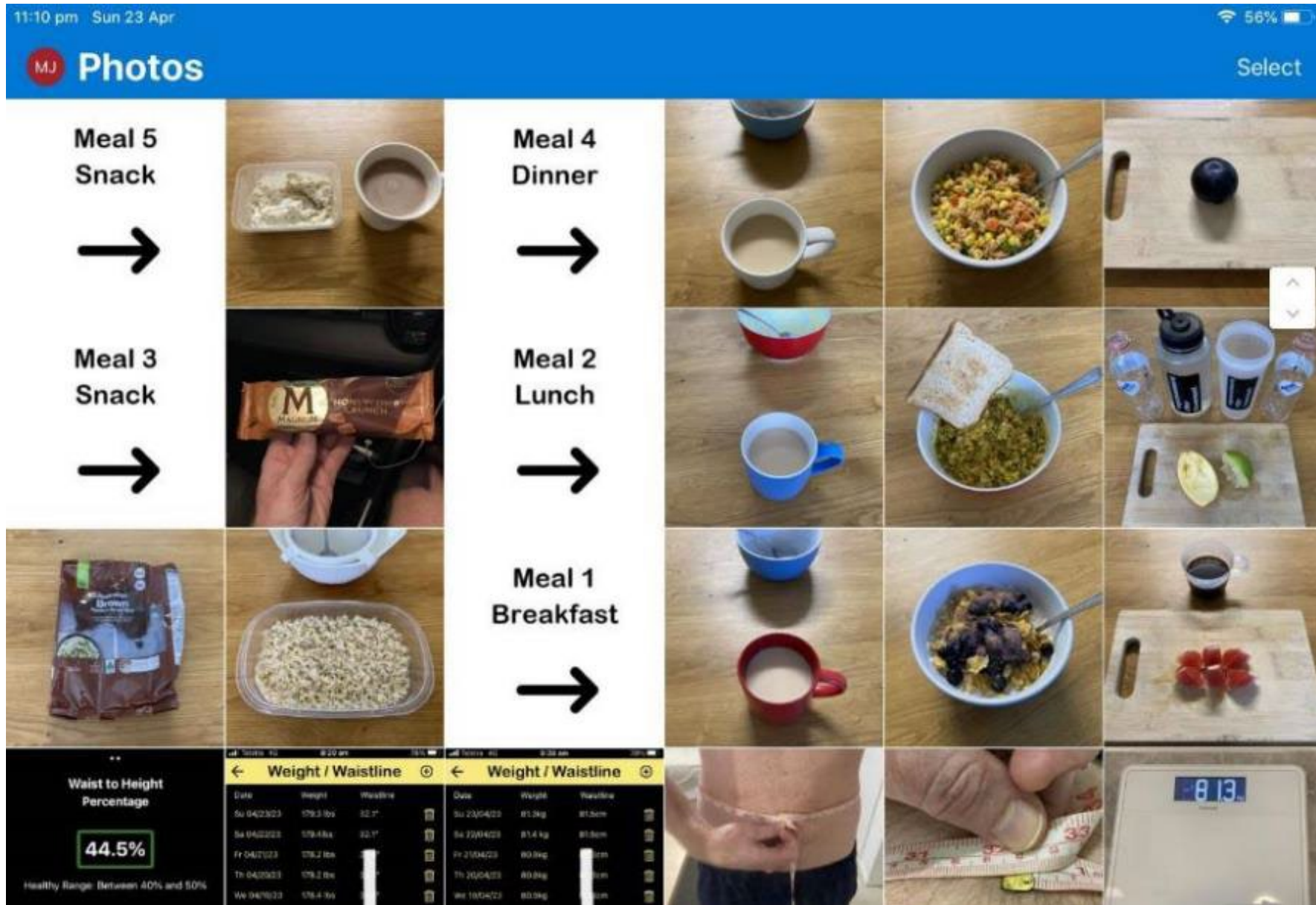
How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Monday, April 24th, 5.30am | Pounds / Inches: 179.2 lbs / 32.1 in |
| Note: Once again, one of the only times I walk in Australia as part of my lifestyle, and that's when I drop my car off for a service, I walk home. | Kilograms / Centimetres: 81.3 kgs / 81.5 cm |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

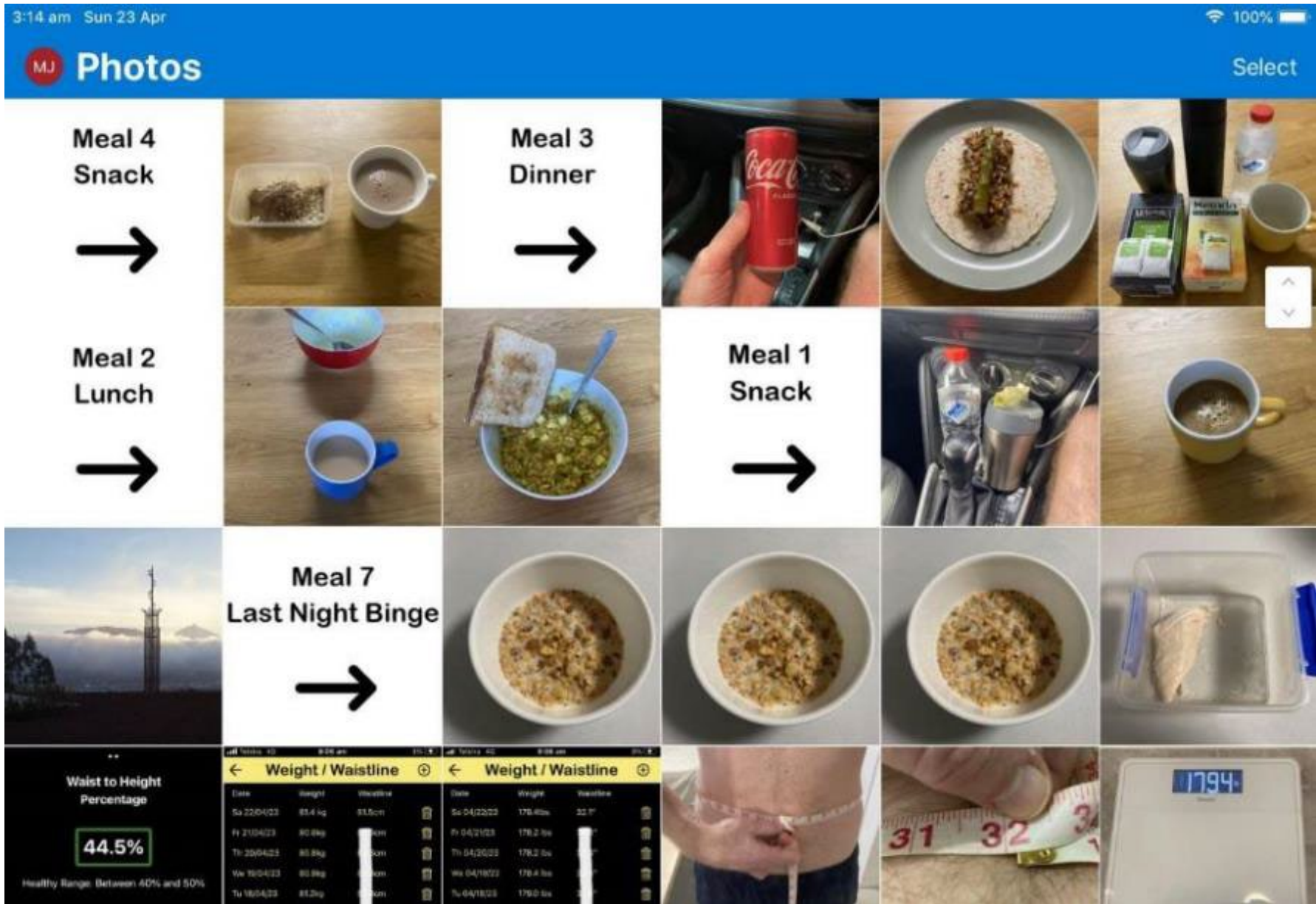


Day / Date / Time of Measurements: Sunday, April 23rd, 8.25am
 Note: Reason I started cooking my own rice was because of a financial reason, cheaper buying/cooking rice than buying pre-cooked rice, and-

Pounds / Inches: 179.3 lbs / 32.1 in
 Kilograms / Centimetres: 81.3 kgs / 81.5 cm
 -heating it up, and cooking it is so simple to do.

Improvement After Movement

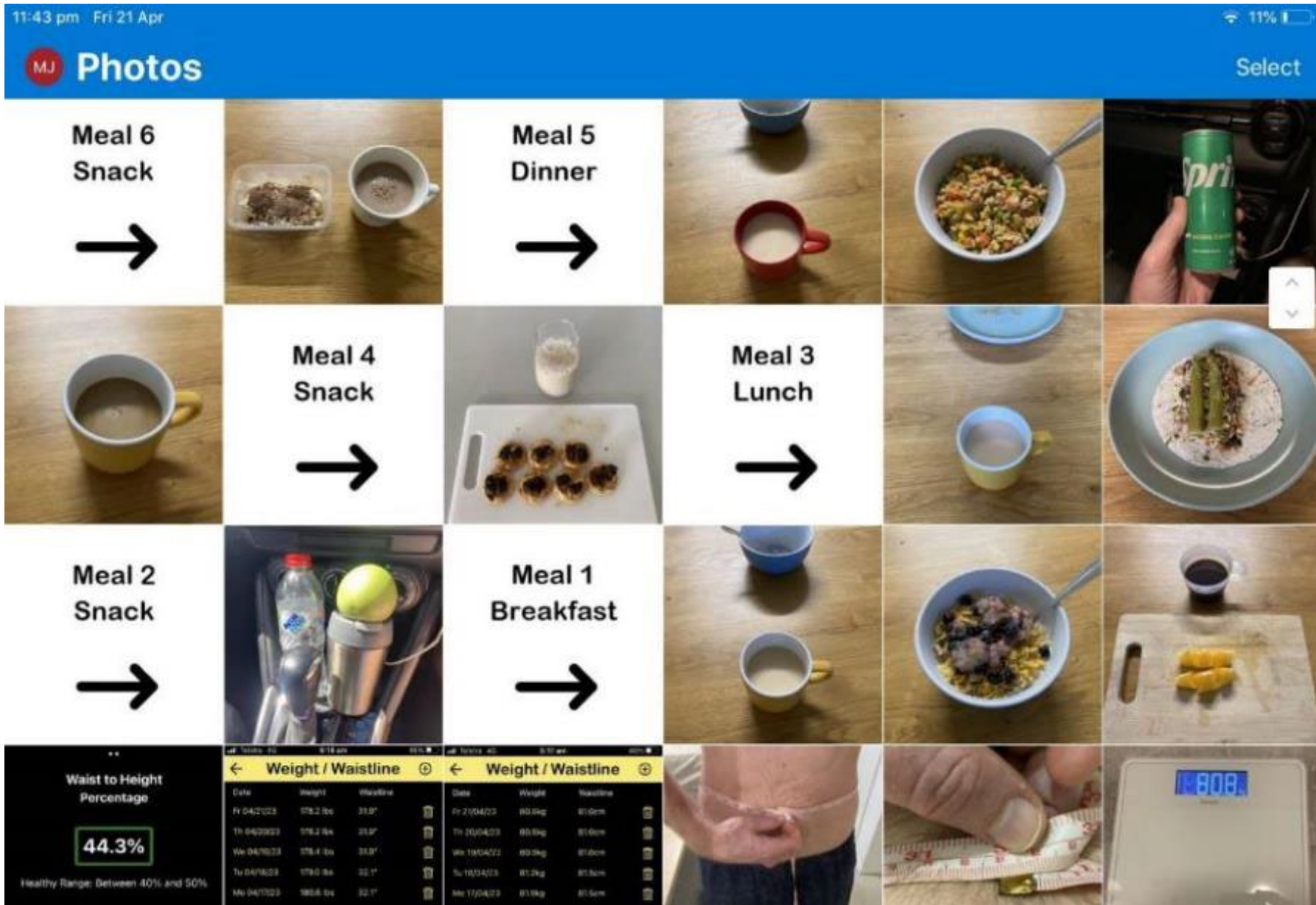
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Saturday, April 22nd, 8am
 Note: Binge #8 late last night, here's my next day notes trying to figure it out, applying BUST. "Bored, no. Unhappy, no. Stressed, little bit. Tired,-
 Pounds / Inches: 179.4 lbs / 32.1 in
 Kilograms / Centimetres: 81.4 kgs / 81.5 cm
 -Yes. * Hadn't been sure when new driver license was arriving, did ...

Improvement After Movement

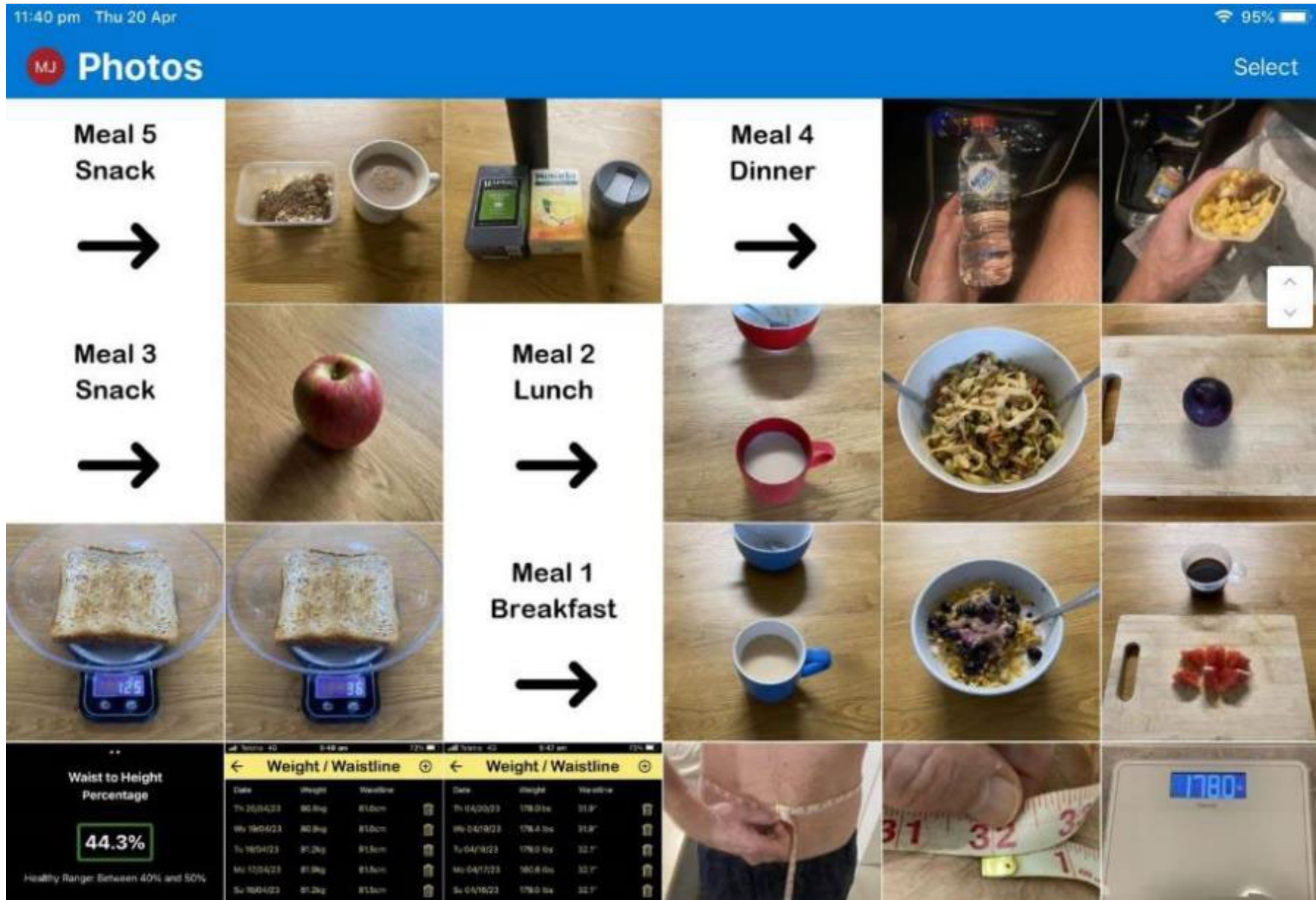
How To Get To Q1 Waist to Height (WtH)



| | |
|--|--|
| Day / Date / Time of Measurements: Friday, April 21st, 6.15am | Pounds / Inches: 178.2 lbs / 31.9 in |
| Note: ... extra to make up [income] just in case [it didn't arrive by expiry date and I was locked out of driving]. * Getting stuck into Tenerife- | Kilograms / Centimetres: 80.8 kgs / 81 cm |
| | -research, found Pan Am Podcast last night, wanted to listen to it when... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

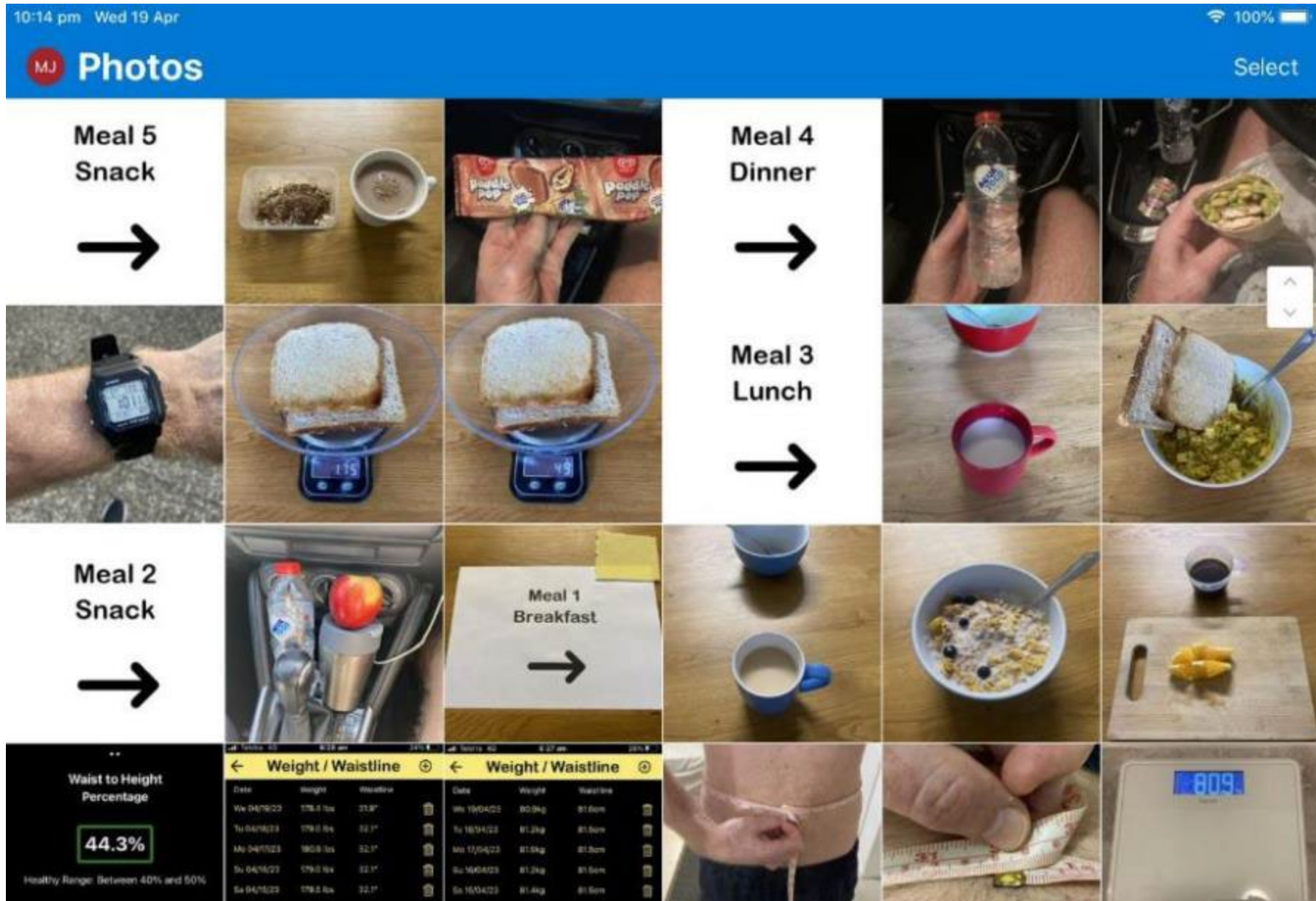


Day / Date / Time of Measurements: Thursday, April 20th, 5.45am
 Note: ... when I was tired, took [technology] to bedroom to listen, binge happened. * Didn't have Veggs meal yesterday, not sure if that was a-link.

Pounds / Inches: 178 lbs / 31.9 in
 Kilograms / Centimetres: 80.8 kgs / 81 cm

Improvement After Movement

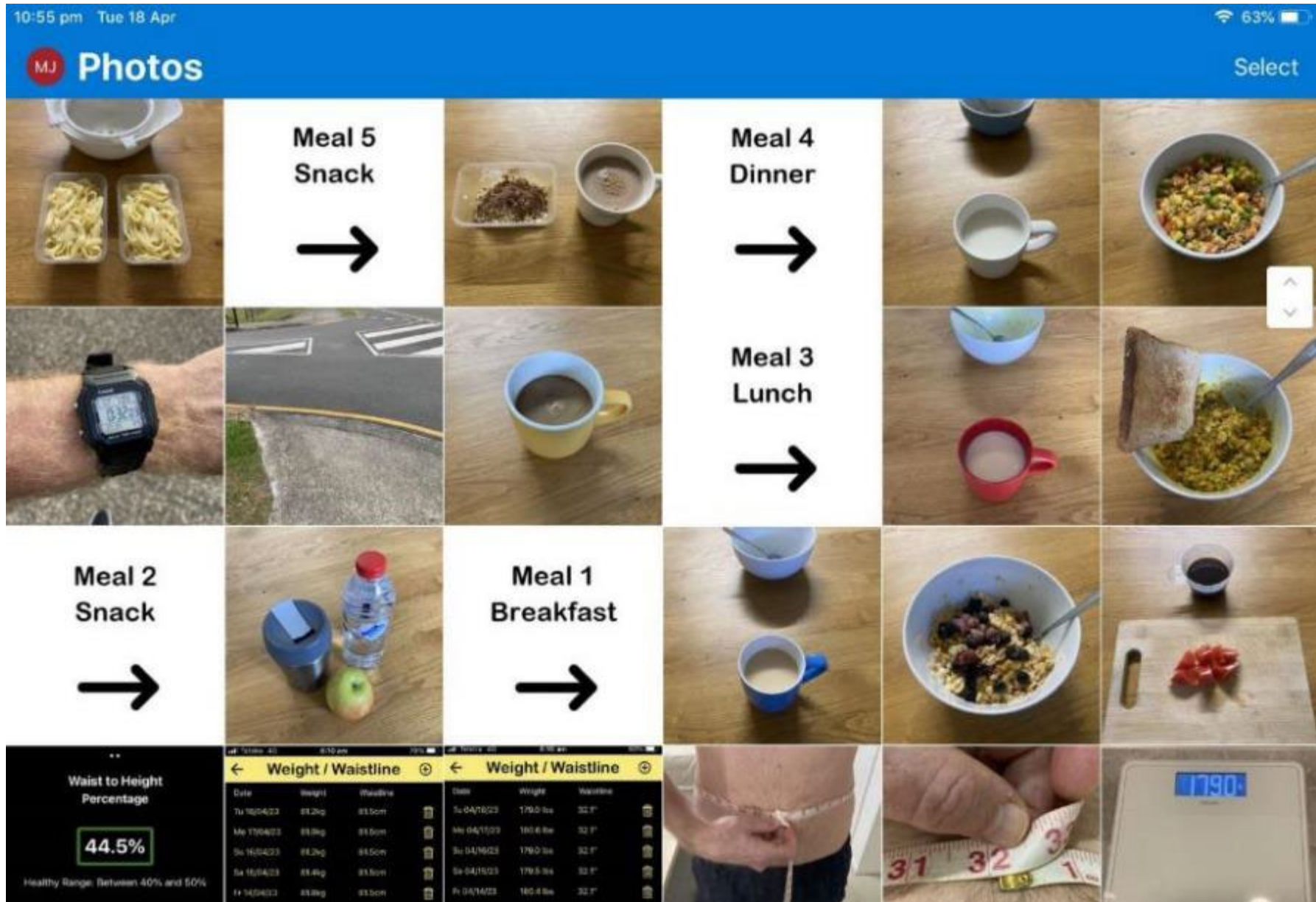
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Wednesday, April 19th, 6.25am
 Note: Initially the first U in BUST was Unhappy, I've since changed the first U to be Unorganised, Unorganised primarily focused on dietary-
 Pounds / Inches: 178.4 lbs / 31.9 in
 Kilograms / Centimetres: 80.9 kgs / 81 cm
 - system not being organised, but in this case it was a ride-share driving...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

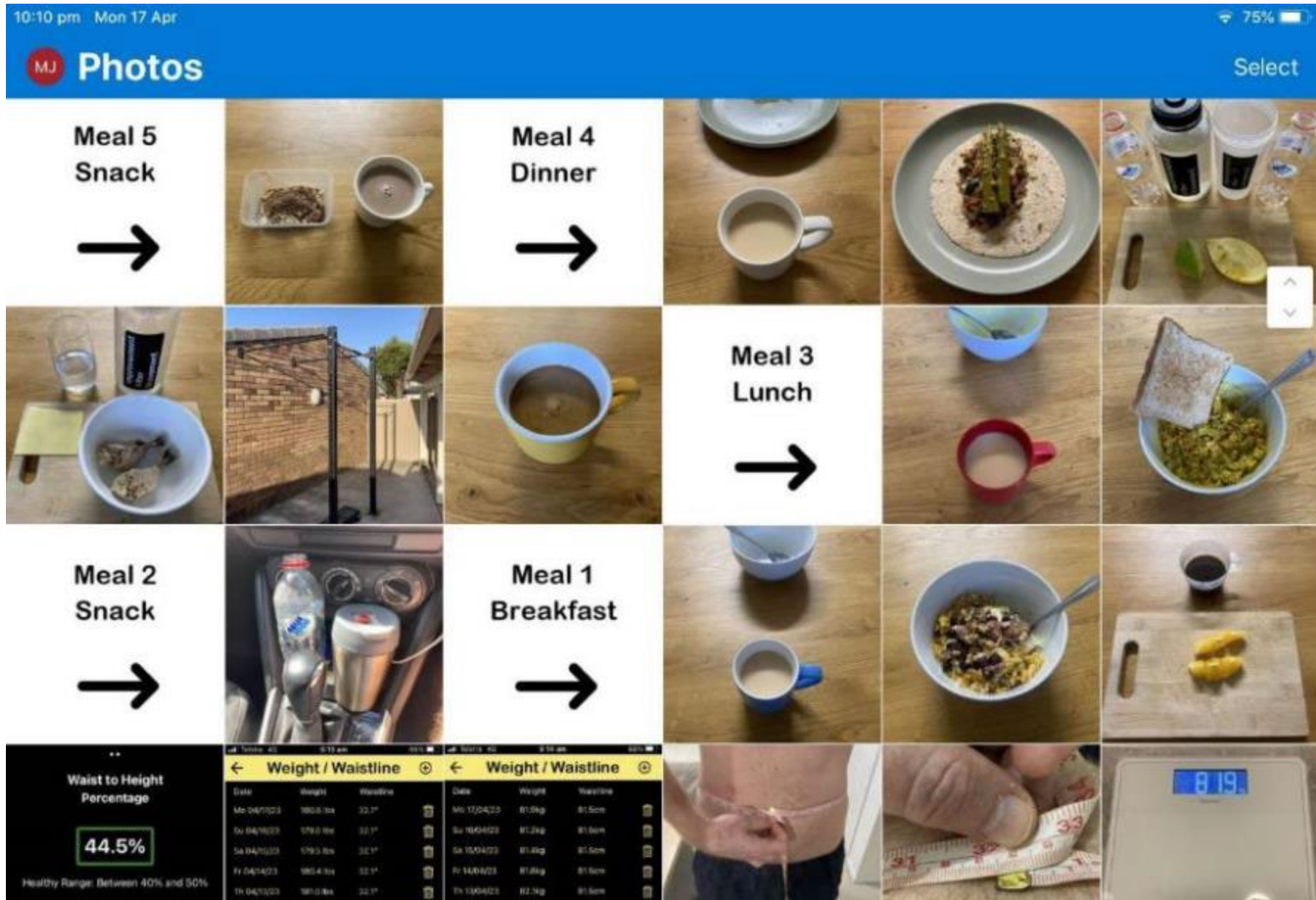


Day / Date / Time of Measurements: Tuesday, April 18th, 6.05am
 Note: renewal form where I was unorganised and let it slip for 1-2 weeks, resulting in my income nearly being turned off for a short period-

Pounds / Inches: 179 lbs / 32.1 in
 Kilograms / Centimetres: 81.2 kgs / 81.5 cm
 of time until it arrived. The document arrived just in time and my...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

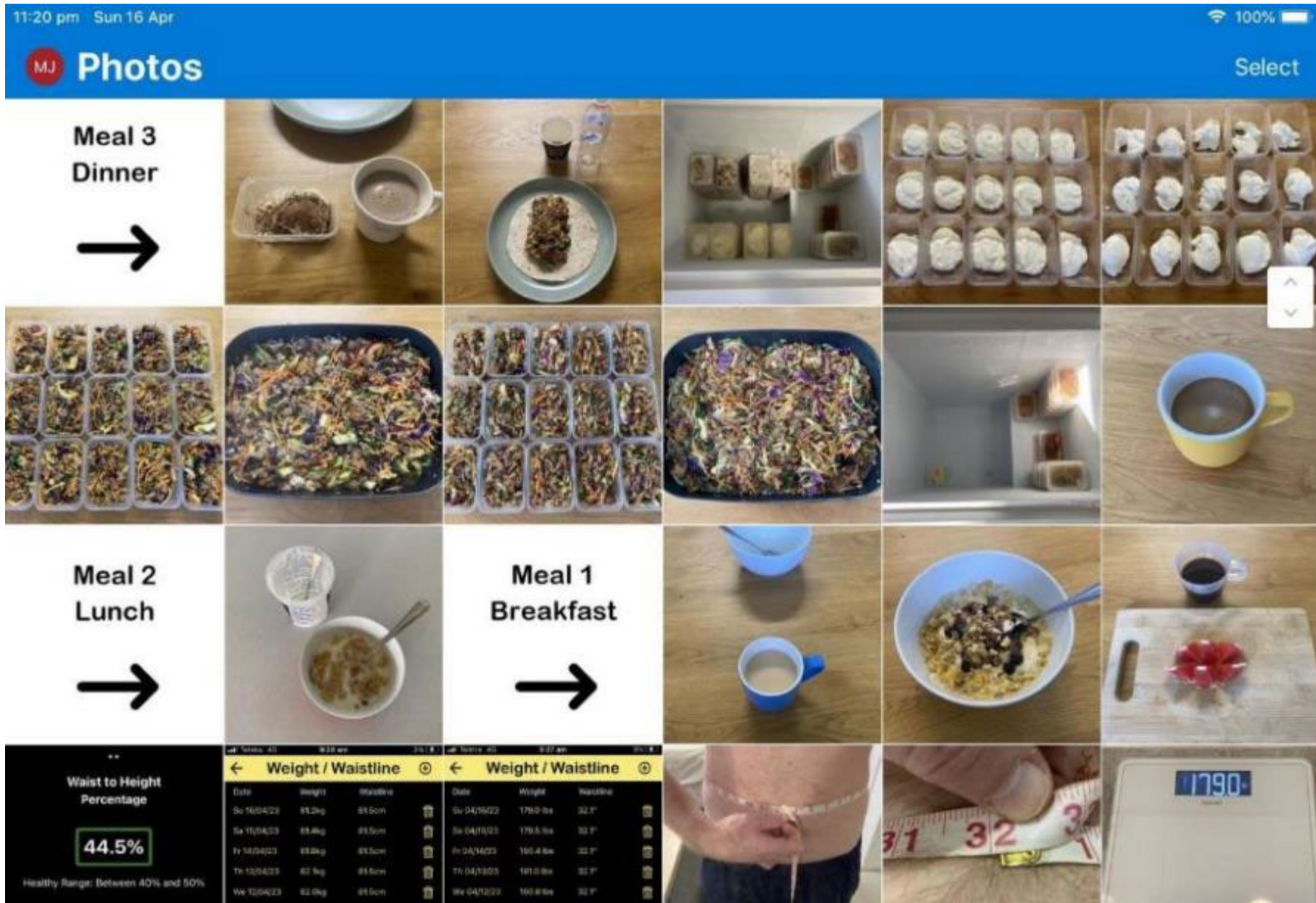


Day / Date / Time of Measurements: Monday, April 17th, 6.10am
 Note: ... income wasn't affected.

Pounds / Inches: 180.6 lbs / 32.1 in
 Kilograms / Centimetres: 81.9 kgs / 81.5 cm

Improvement After Movement

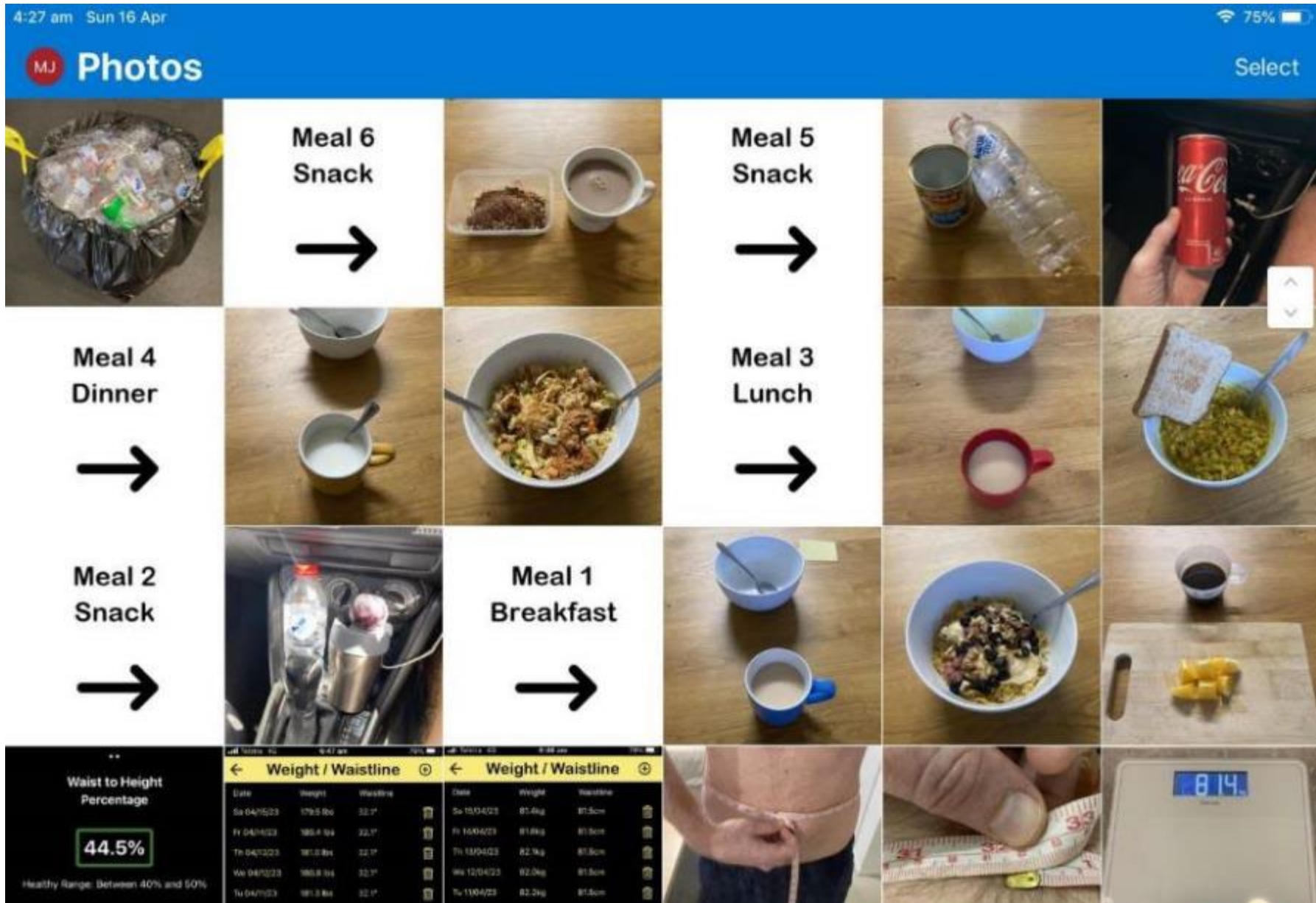
How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Sunday, April 16th, 9.25am | Pounds / Inches: 179 lbs / 32.1 in |
| Note: Big dietary system managing day today, I have a second chest freezer in Australia which I've used to manage my dietary system, what- | Kilograms / Centimetres: 81.2 kgs / 81.5 cm |
| | -I've learned from my short time in New York is I can easily manage my... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

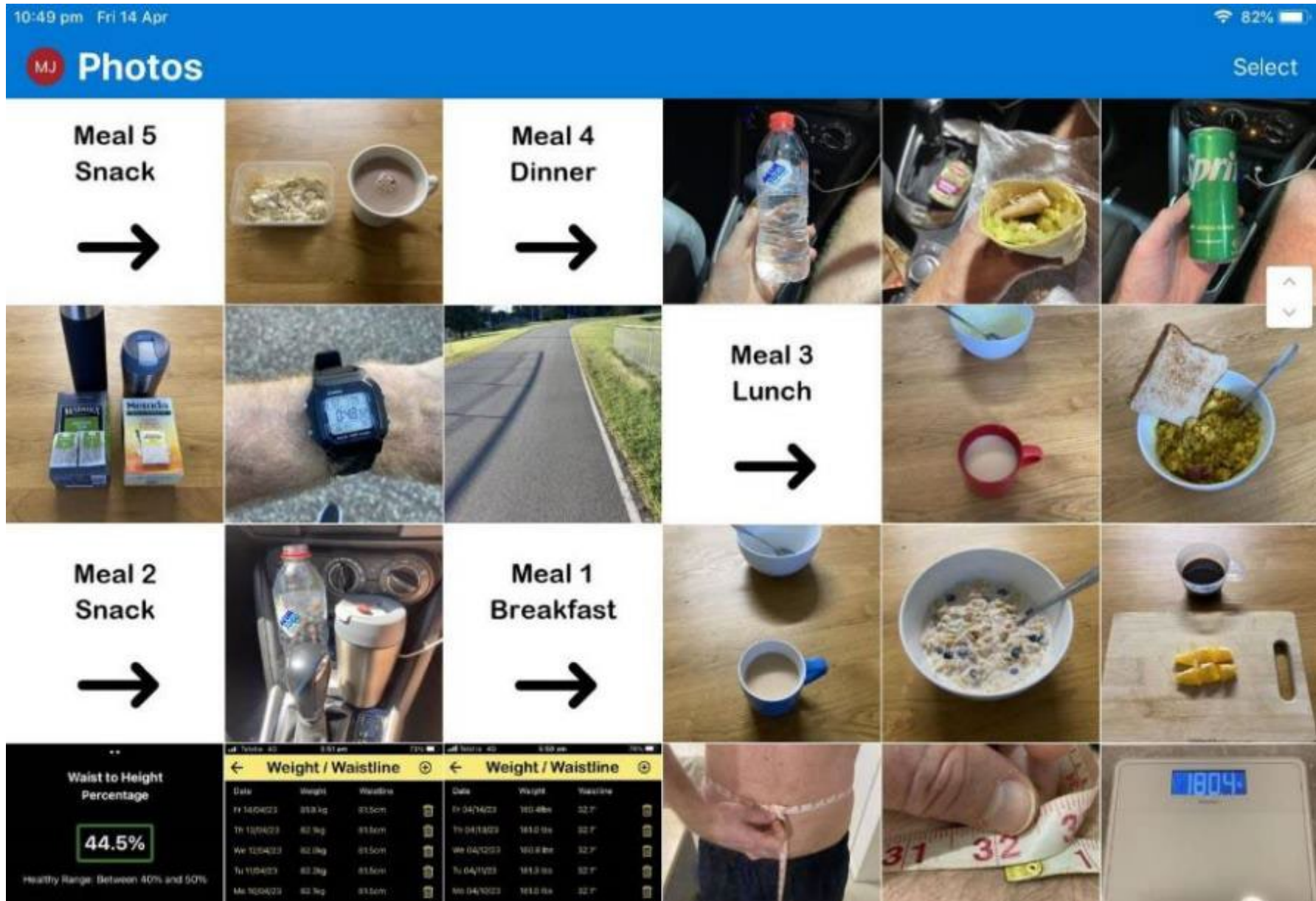


Day / Date / Time of Measurements: Saturday, April 15th, 6.40am
 Note: ...dietary system from a regular sized fridge and freezer, easily manage.

Pounds / Inches: 179.5 lbs / 32.1 in
 Kilograms / Centimetres: 81.4 kgs / 81.5 cm

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

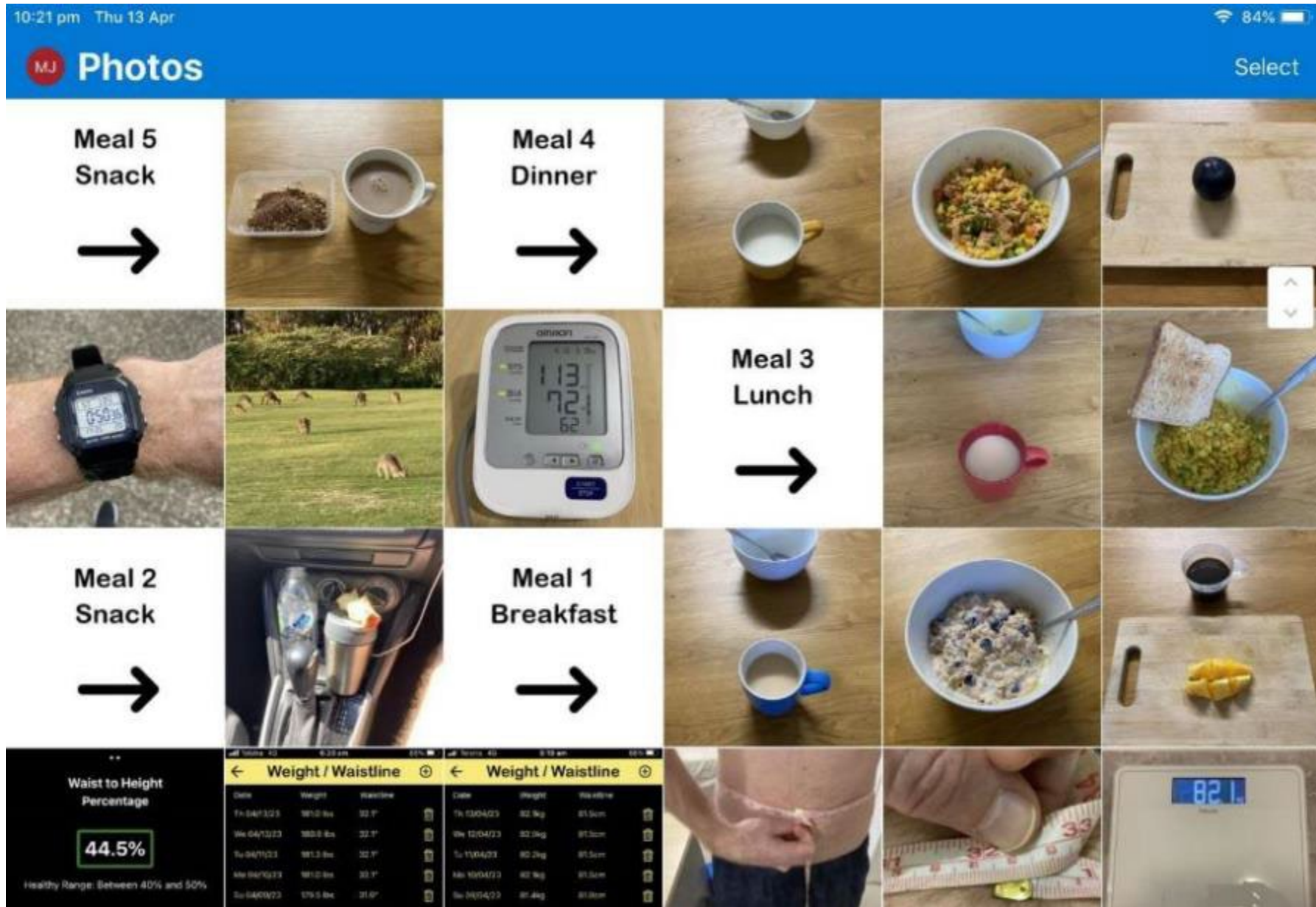


Day / Date / Time of Measurements: Friday, April 4th, 5.45am
 Note: Before I started doing most of my cardio workouts on my AirBike I used to either walk or ride my actual bike, I still do from time to time, -

Pounds / Inches: 180.4 lbs / 32.1 in
 Kilograms / Centimetres: 81.8 kgs / 81.5 cm
 -there's a bike track about a 15 min walk away I used to walk a lap or ...

Improvement After Movement

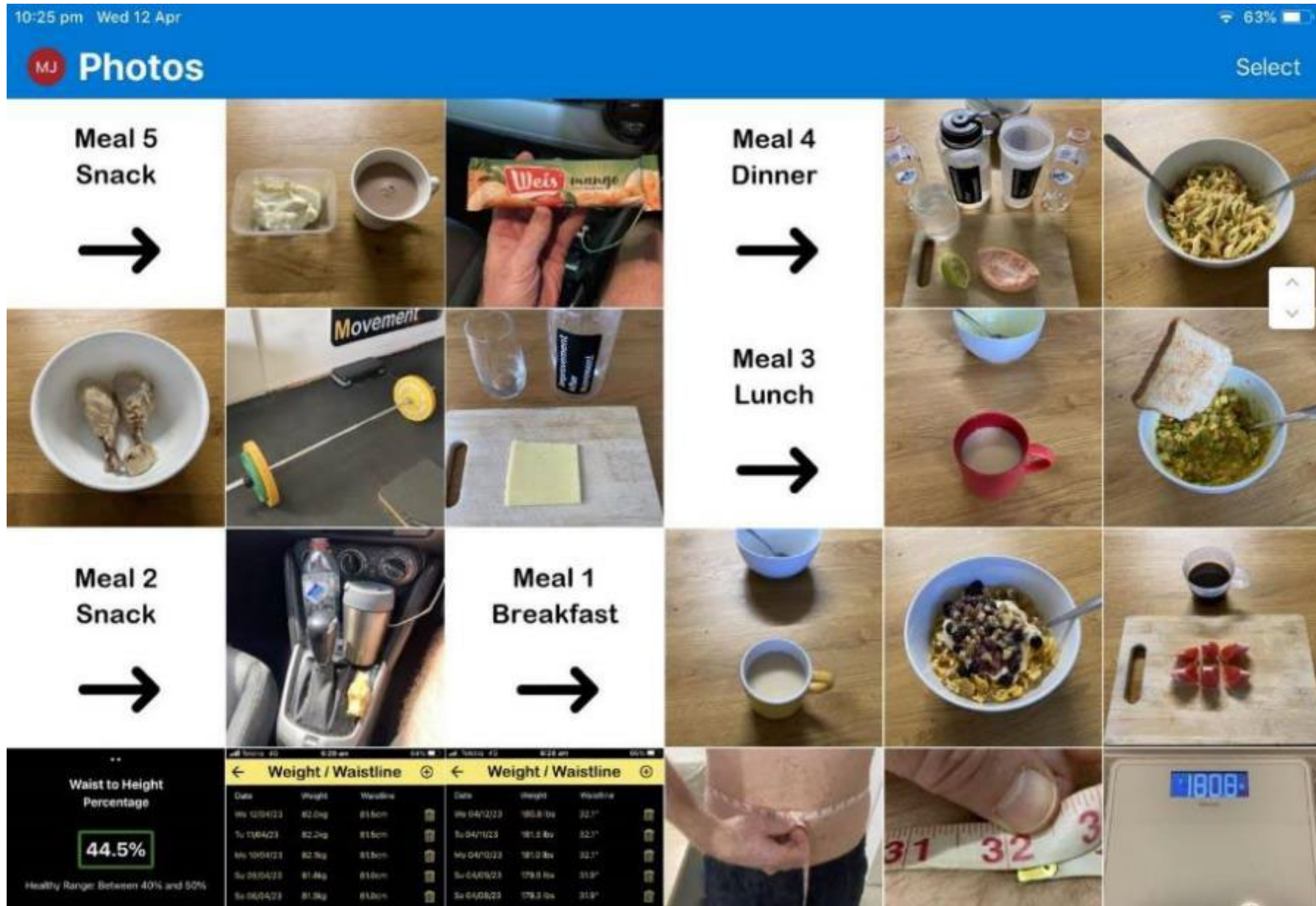
How To Get To Q1 Waist to Height (WtH)



| | |
|---|--|
| Day / Date / Time of Measurements: Thursday, April 13th, 6.15am | Pounds / Inches: 181 lbs / 32.1 in |
| Note: ... ride laps of as part of my cardio movement, in the late afternoon's most days there's usually a fair few kangaroos on the land- | Kilograms / Centimetres: 82.1 kgs / 81.5 cm |
| | -right beside the track, all the kangaroos in this photo are eating grass. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

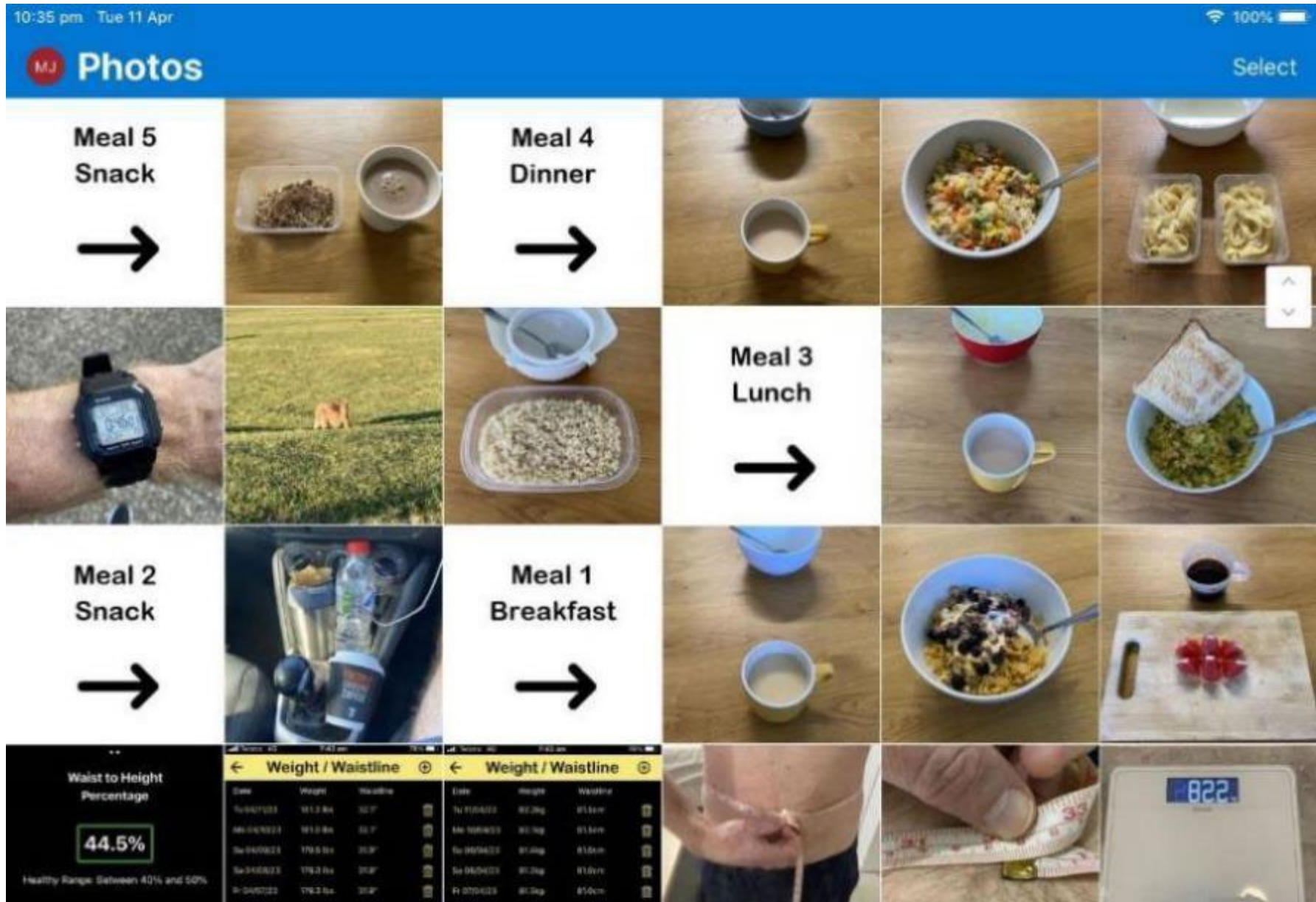


Day / Date / Time of Measurements: Wednesday, April 12th, 6.25am
 Note: Not sure why there's no topping on my Meal 5 snack tonight, but it does show you how this small important meal in my dietary system-

Pounds / Inches: 180.8 lbs / 32.1 in
 Kilograms / Centimetres: 82 kgs / 81.5 cm
 -has evolved with the solid portion of it first starting out as simply a ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

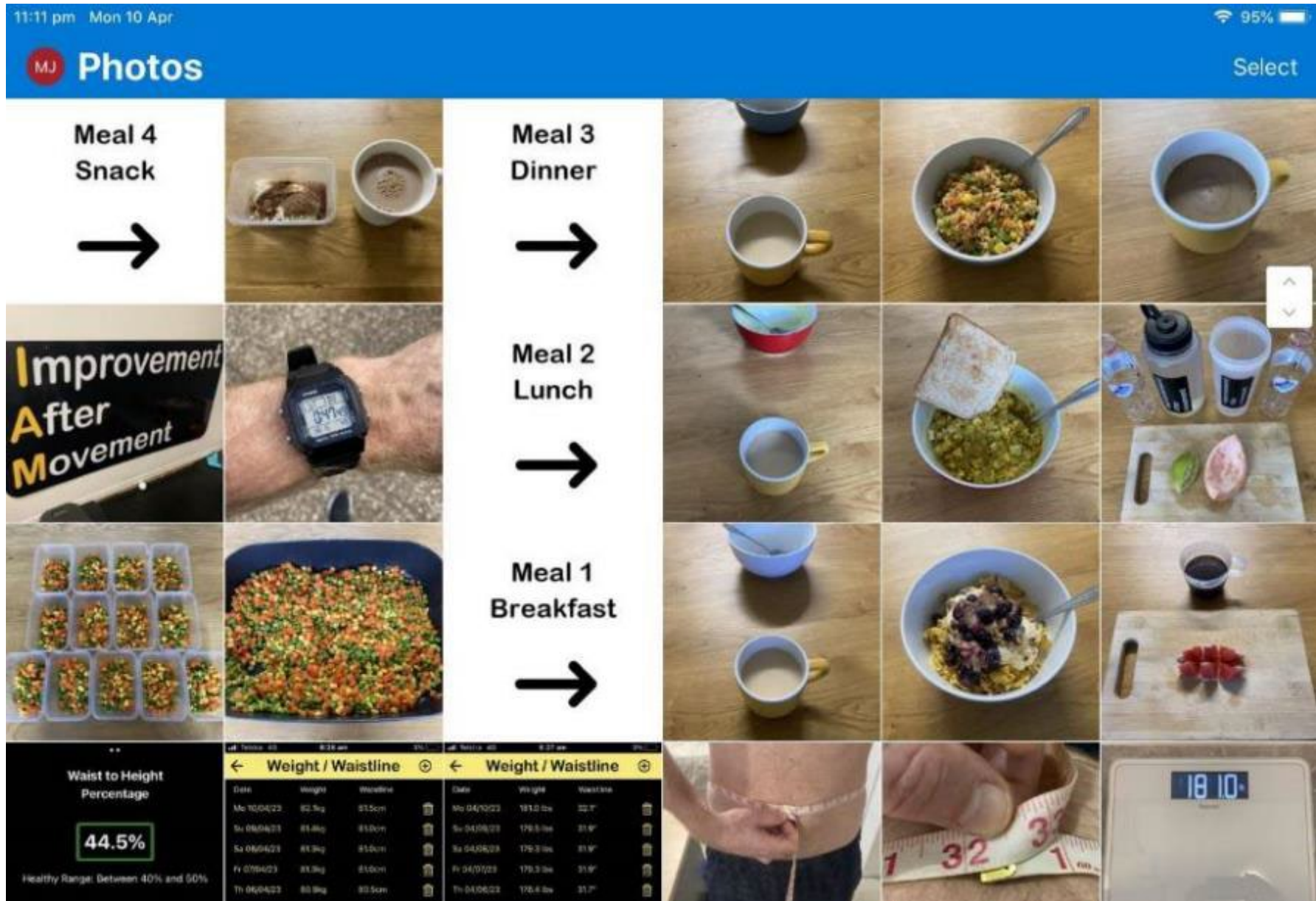


Day / Date / Time of Measurements: Tuesday, April 11th, 7.40am
 Note: ...small container of yoghurt. I could do a similar breakdown on all the meals in my structured (not strict) dietary system, how they've all-

Pounds / Inches: 181.3 lbs / 32.1 in
 Kilograms / Centimetres: 82.2 kgs / 81.5 cm
 -developed over time.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

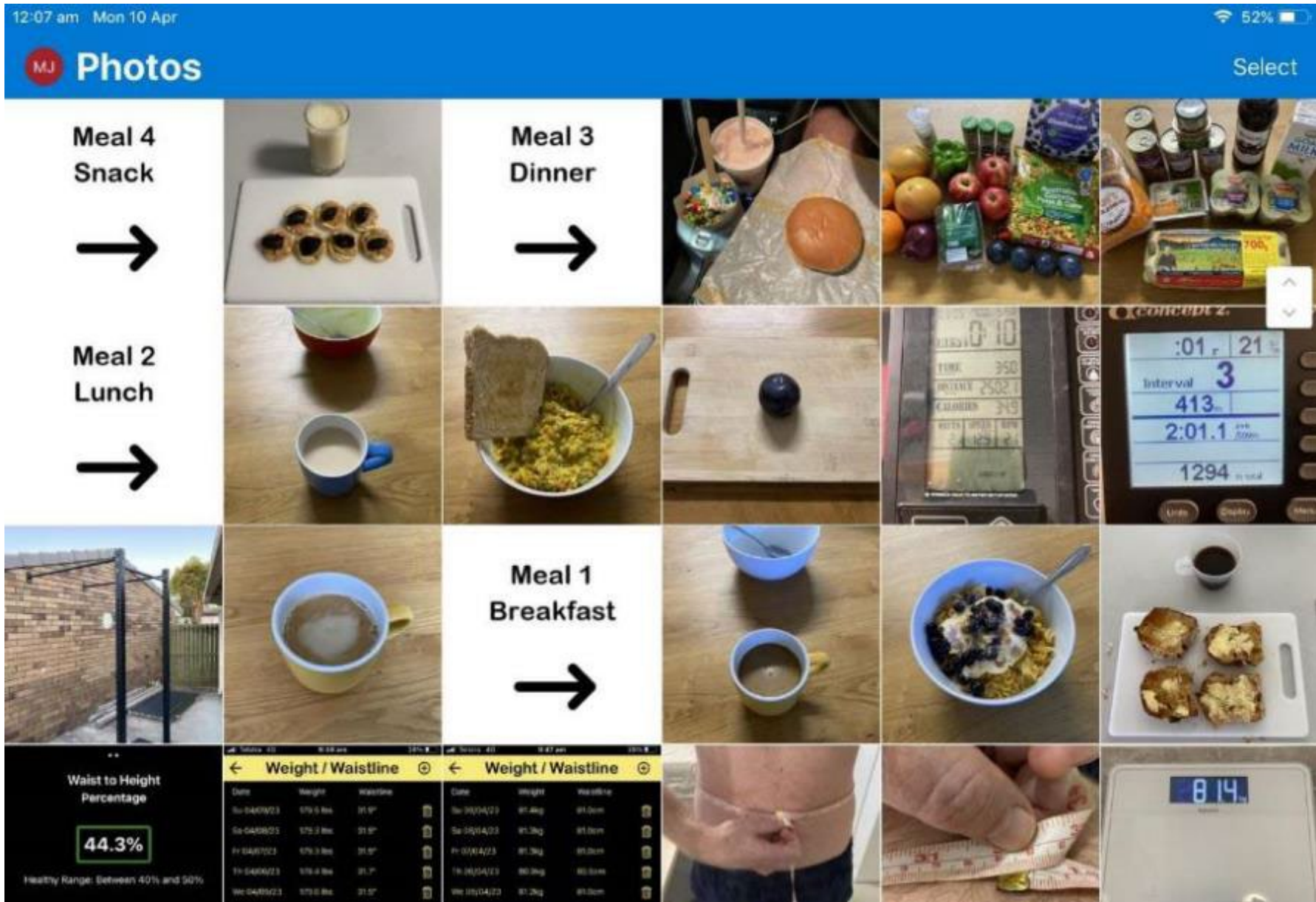


Day / Date / Time of Measurements: Monday, April 10th, 8.25am
 Note: Here's another example, I used to add 1/3 or 1/2 of a pasta sauce jar to 1 kg (2.2 lbs) of frozen mixed veggie bag before putting them in-

Pounds / Inches: 181 lbs / 32.1 in
 Kilograms / Centimetres: 82.1 kgs / 81.5 cm
 -containers and freezing them, for extra taste, I don't do this anymore.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

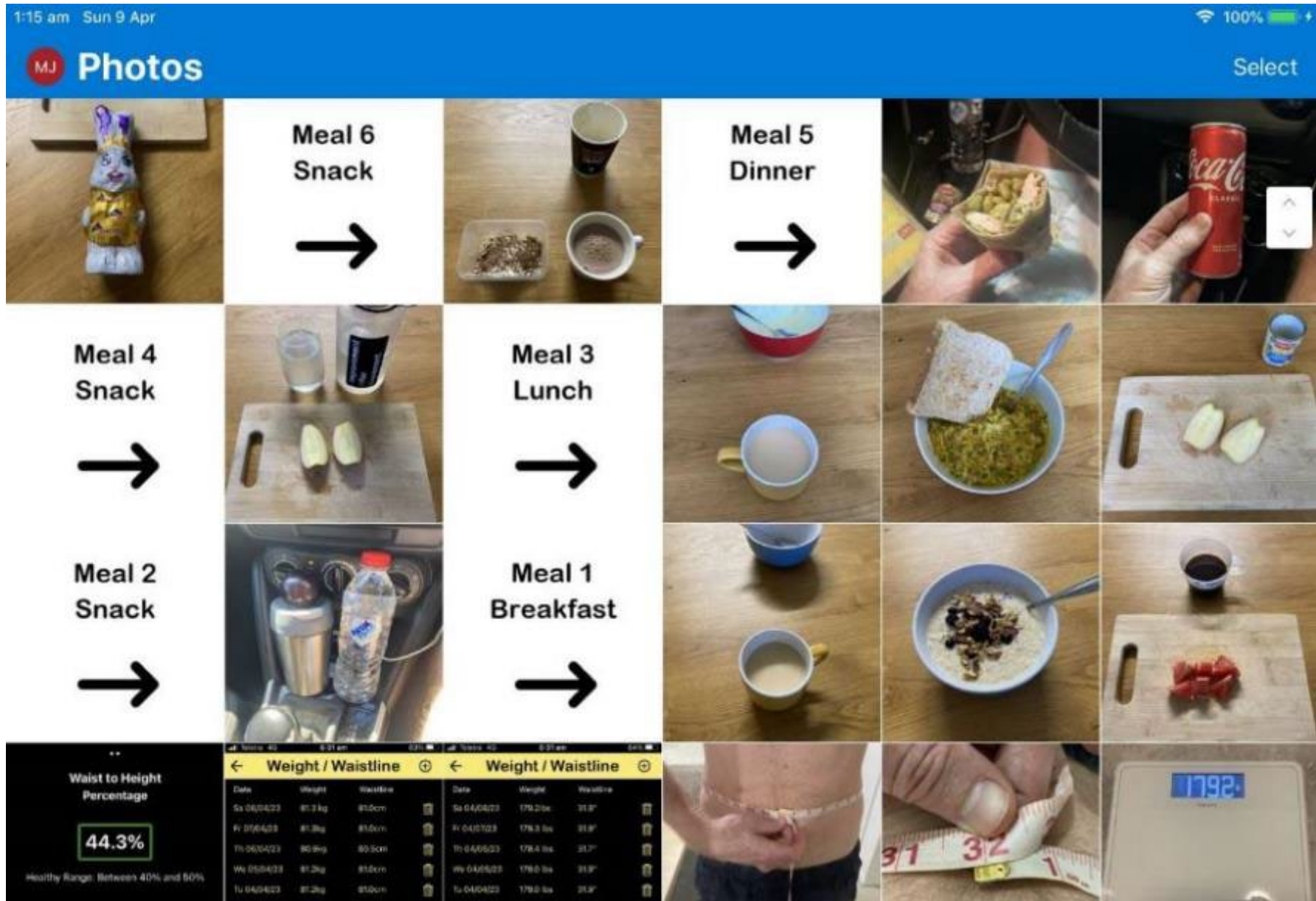


Day / Date / Time of Measurements: Sunday, April 9th, 9.45am
 Note: Where I mentioned I had my second lot of 5 binges across 30 days in late March through late April, Easter also passed through those 30-

Pounds / Inches: 179.5 lbs / 31.9 in
 Kilograms / Centimetres: 81.4 kgs / 81 cm
 -days too, which lead to some loose eating also. My Meal 3 dinner is ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

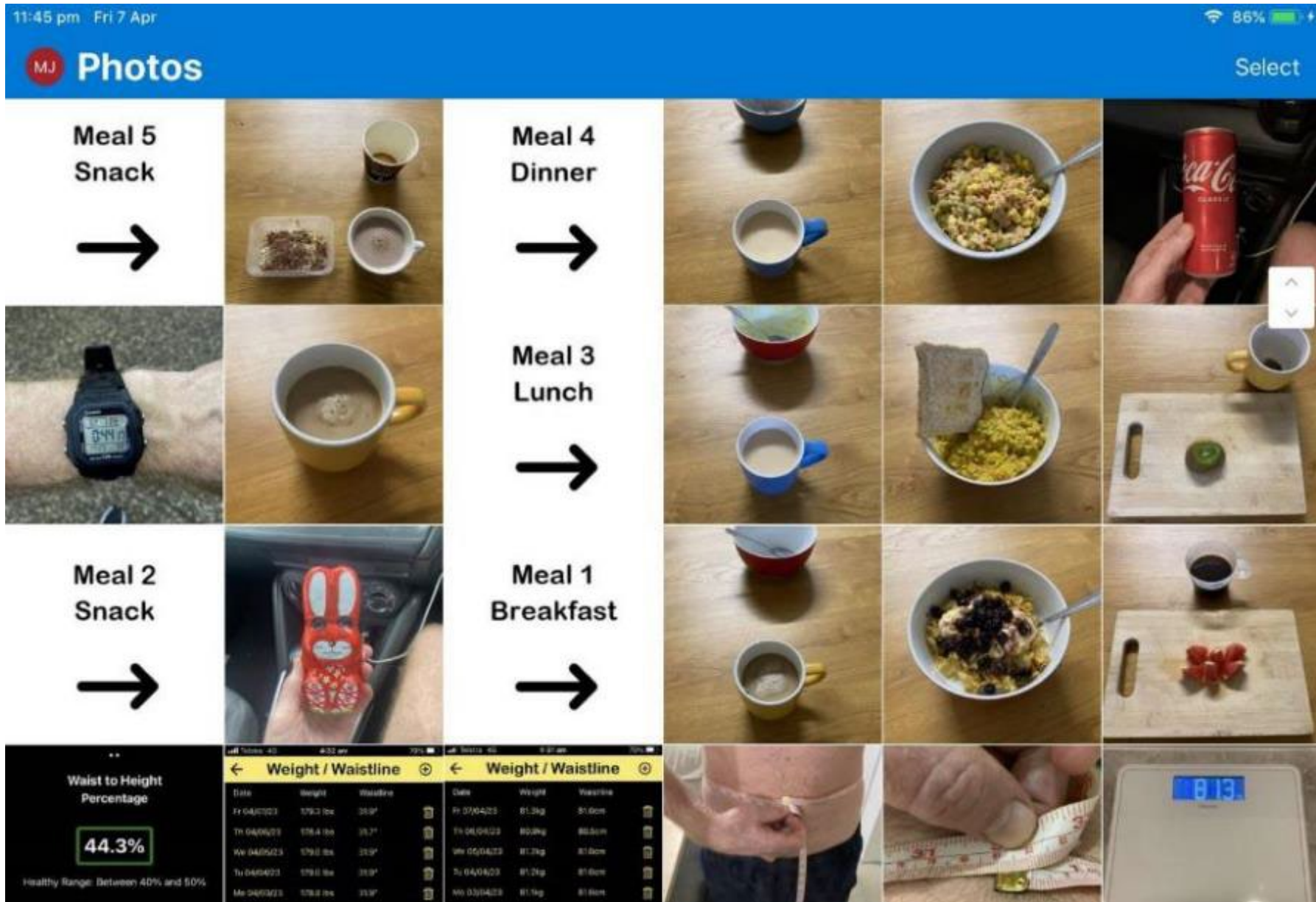


Day / Date / Time of Measurements: Saturday, April 8th, 6.25am
 Note: McDonald's drive through, the strawberry thick shake and McFlurry, when I was around 220 lbs, I used to have them at least once-

Pounds / Inches: 179.2 lbs / 31.9 in
 Kilograms / Centimetres: 81.3 kgs / 81 cm
 -or twice a week, here or Burger King / Hungry Jack's in Australia, but ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Friday, April 7th, 4.30am
 Note: ... I'd have that shake and dessert after having a big burger and medium fries too. Couple of Easter bunnies over Easter weekend, the-

Pounds / Inches: 179.3 lbs / 31.9 in
 Kilograms / Centimetres: 81.3 kgs / 81 cm
 -bigger bunny on the previous page, I ate that in one go.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

10:56 pm Thu 6 Apr 79%

MJ Photos Select

**Meal 6
Snack**

→

**Meal 4
Snack**

→

**Meal 2
Snack**

→

**Meal 5
Dinner**

→

**Meal 3
Lunch**

→

**Meal 1
Breakfast**

→

Waist to Height Percentage

44.0%

Healthy Range: Between 40% and 50%

Weight / Waistline

| Date | Weight | Waistline |
|-------------|--------|-----------|
| Th 04/04/23 | 80.9kg | 80.5cm |
| W 03/04/23 | 81.2kg | 81.0cm |
| Tu 04/04/23 | 81.7kg | 81.0cm |
| Mo 03/04/23 | 81.7kg | 81.0cm |
| Su 02/04/23 | 81.0kg | 81.0cm |

Weight / Waistline

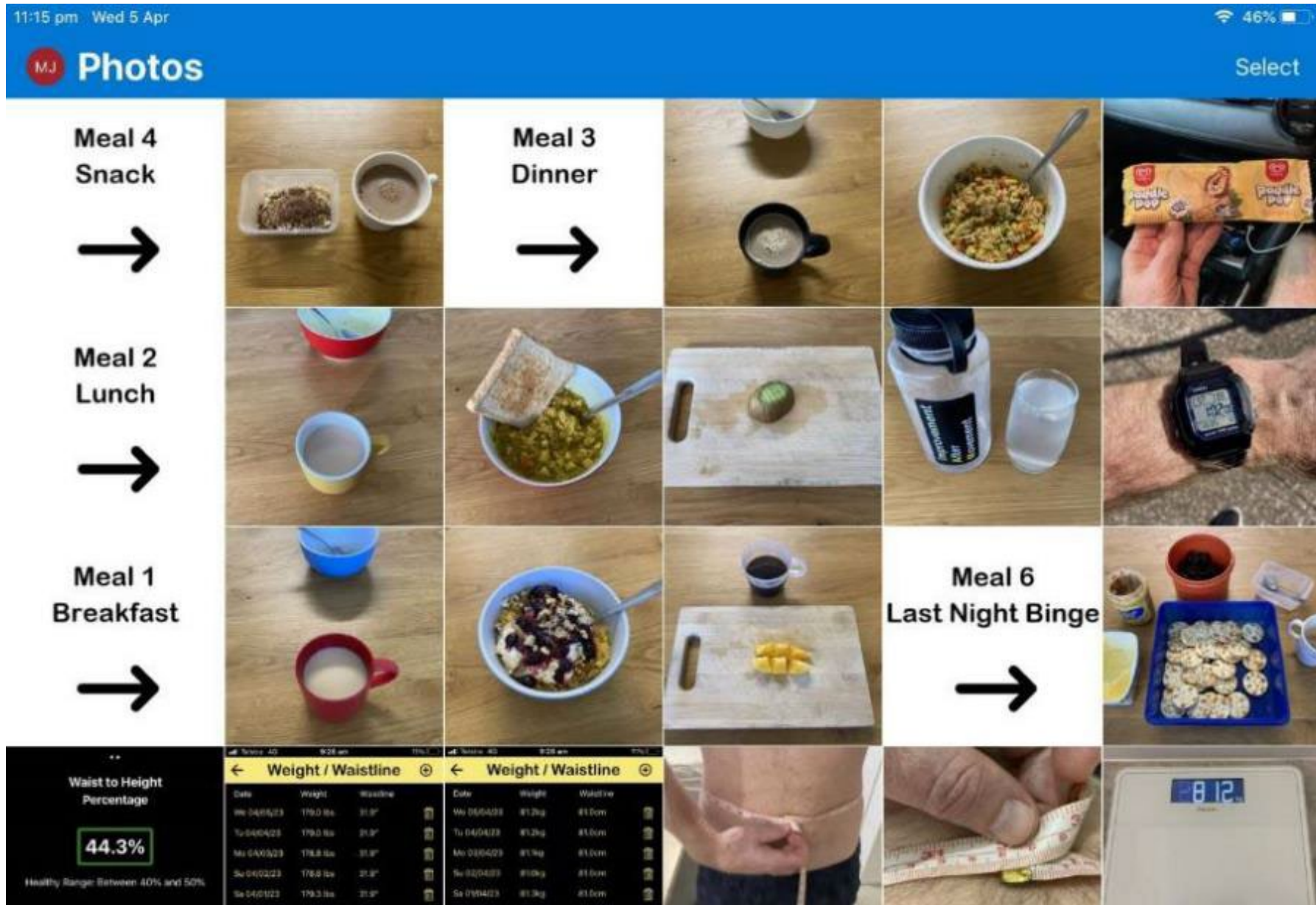
| Date | Weight | Waistline |
|-------------|-----------|-----------|
| Th 04/04/23 | 178.4 lbs | 31.7" |
| W 04/04/23 | 179.0 lbs | 31.9" |
| Tu 04/04/23 | 179.0 lbs | 31.9" |
| Mo 04/03/23 | 178.8 lbs | 31.9" |
| Su 04/02/23 | 178.8 lbs | 31.9" |

Day / Date / Time of Measurements: Thursday, April 6th, 8am
 Note: Thank God for 7/11 coffees, I wouldn't have been able to earn the income to keep funding this project over the past 5 years without them.

Pounds / Inches: 178.4 lbs / 31.7 in
 Kilograms / Centimetres: 80.9 kgs / 80.5 cm
 My teeth probably got a little bit stained as a result.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

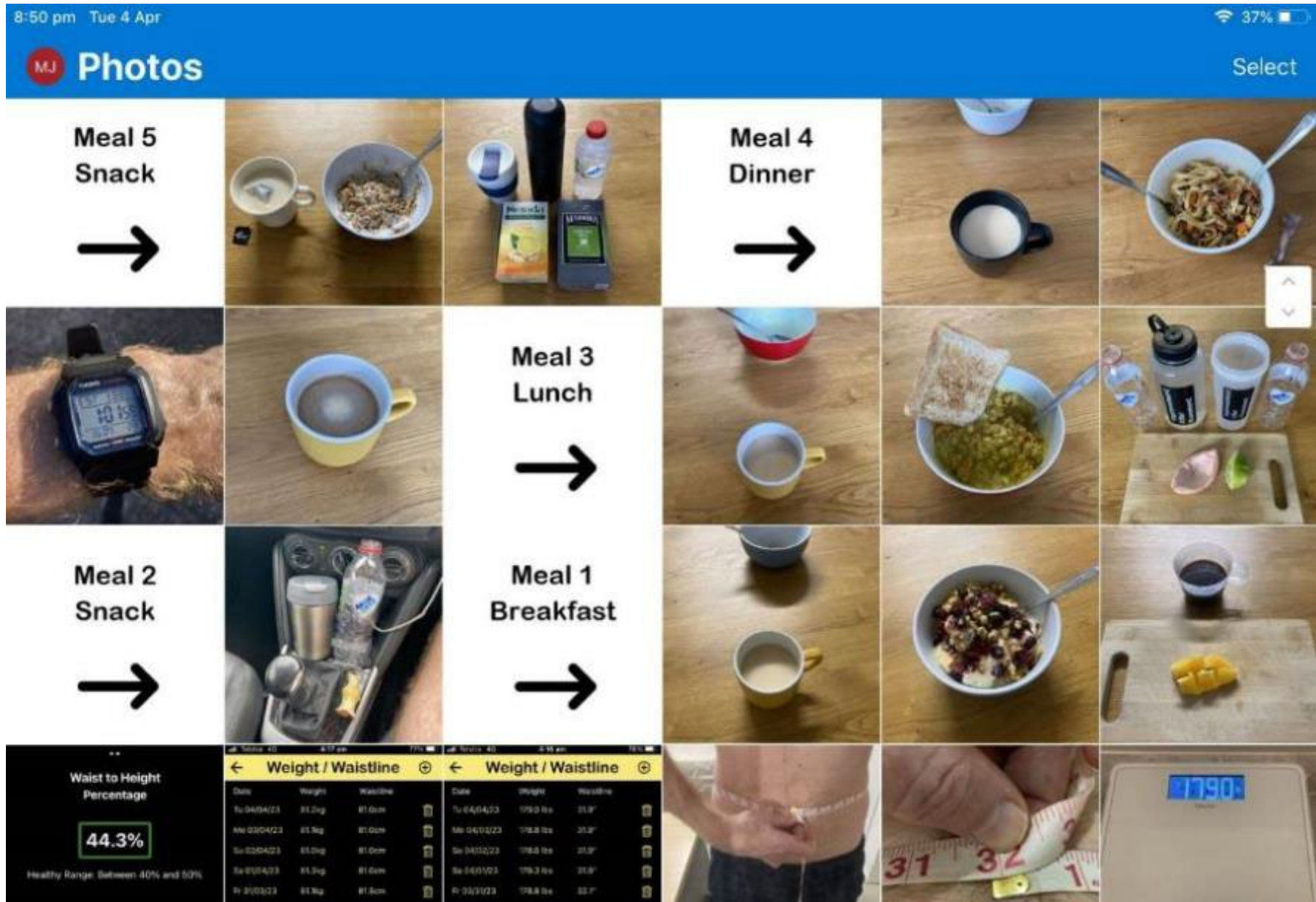


Day / Date / Time of Measurements: Wednesday, April 5th, 9.25am
 Note: Binge #7 in 2023, all revolve around being tired, and probably a little unaware at this point too, sometimes I wake up around 2,3,4am-

Pounds / Inches: 179 lbs / 31.9 in
 Kilograms / Centimetres: 81.2 kgs / 81 cm
 -and I can be a little hungry, at this point in time in early April I had no...

Improvement After Movement

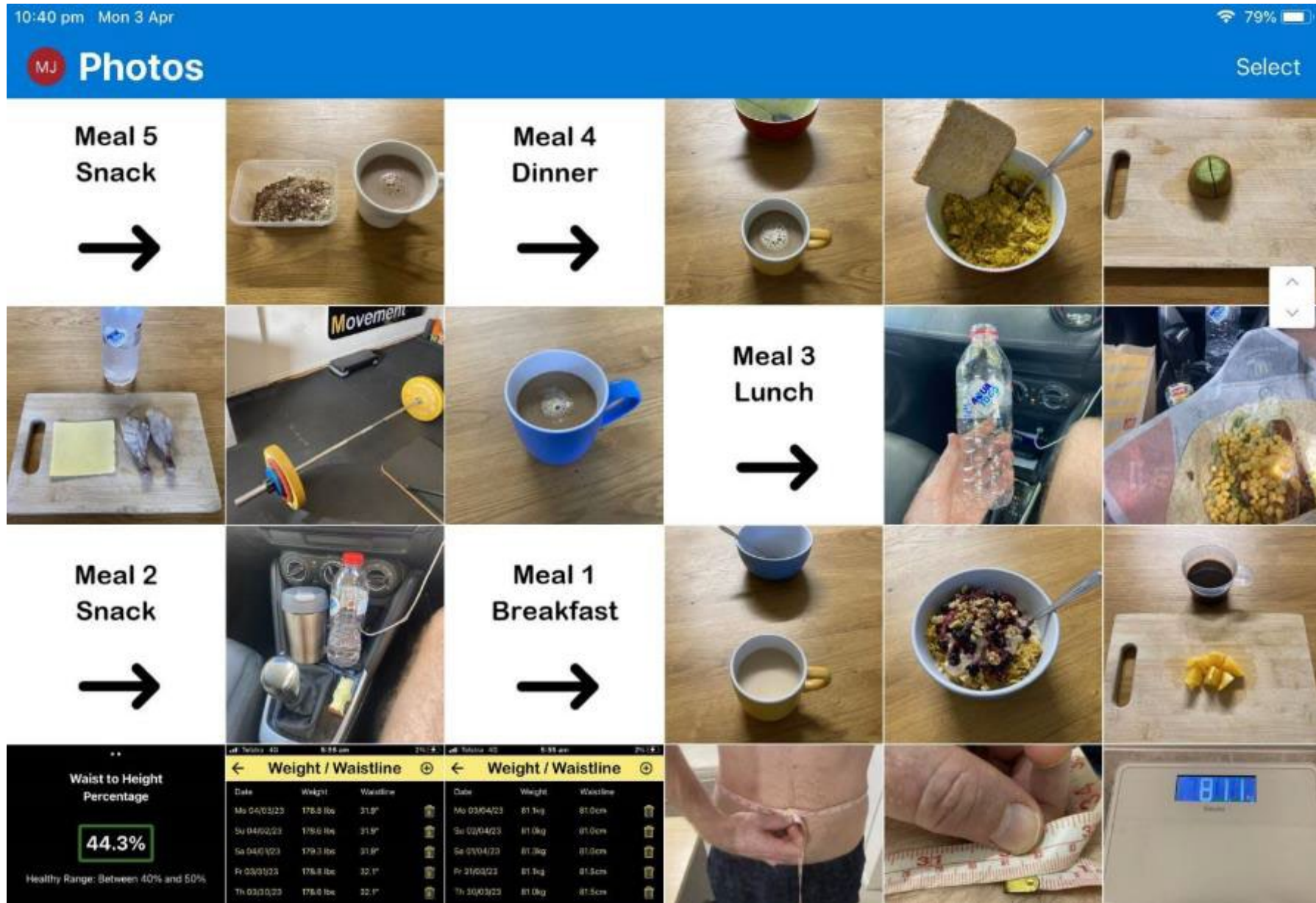
How To Get To Q1 Waist to Height (WtH)



| | |
|---|---|
| Day / Date / Time of Measurements: Tuesday, April 4th, 4.15am | Pounds / Inches: 179 lbs / 31.9 in |
| Note: ... plan for what to eat if/when that happened, and with tiredness added to the situation my brain just went on to autopilot and a regular- | Kilograms / Centimetres: 81.2 kgs / 81 cm |
| | -binge resulted, now if I'm hungry (not often), I just eat a slice of cheese. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

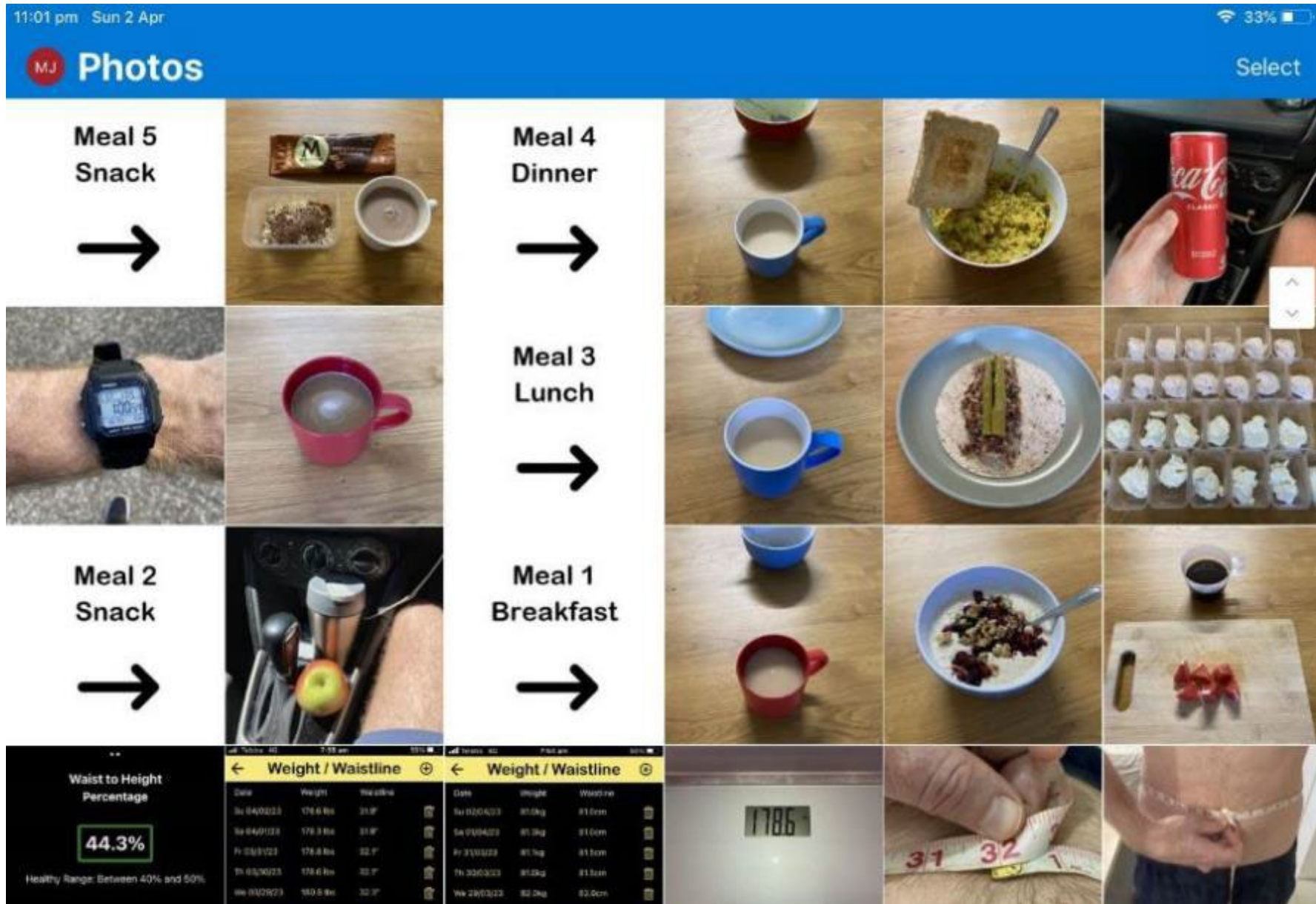


Day / Date / Time of Measurements: Monday, April 3rd, 5.50am
 Note: Can of corn added to McDonald's grilled chicken wraps are so good, I nearly always have a bottle of water with a fast food now.

Pounds / Inches: 178.8 lbs / 31.9 in
 Kilograms / Centimetres: 81.1 kg / 81 cm

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

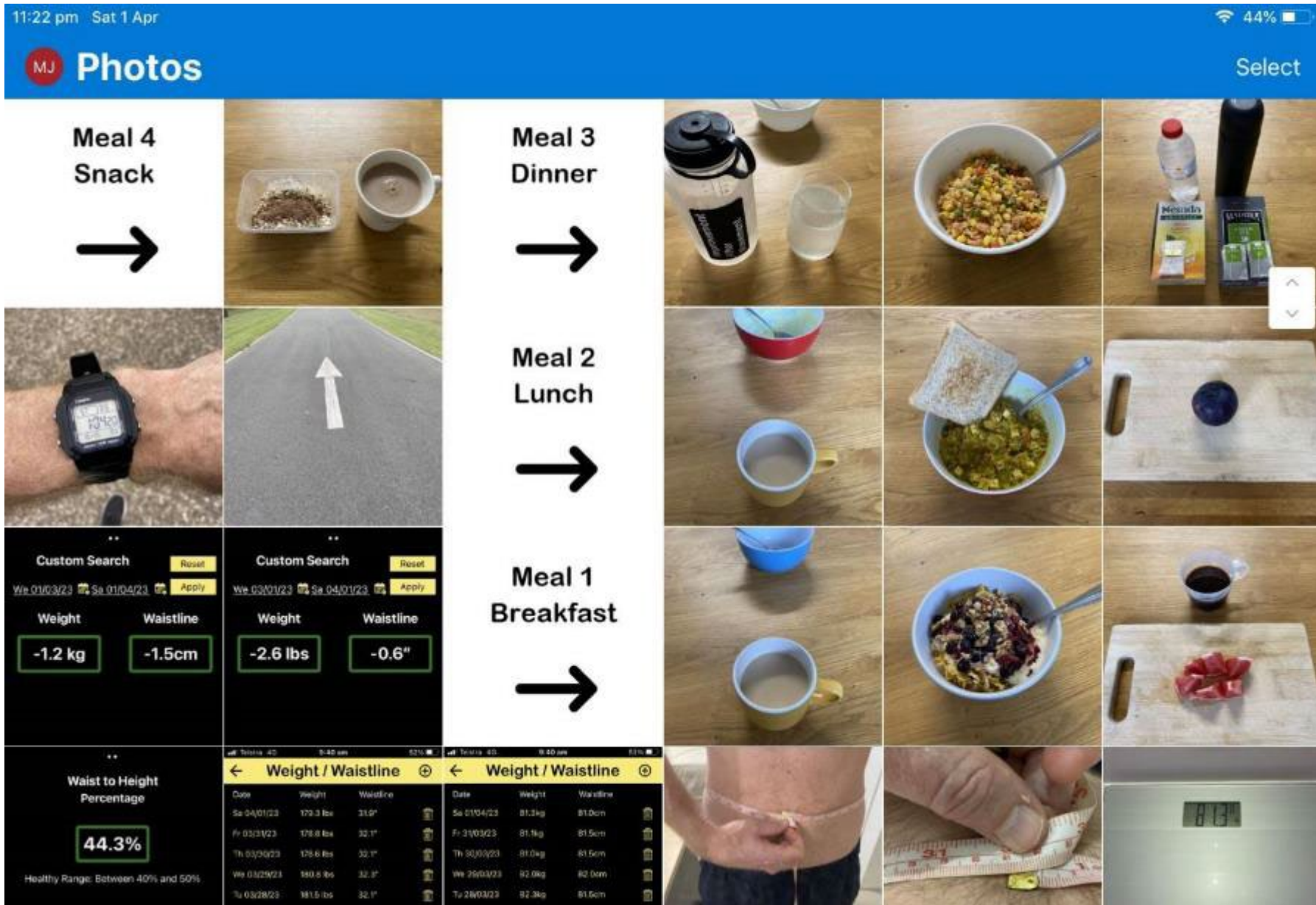


Day / Date / Time of Measurements: Sunday, April 2nd, 7.50am
 Note: It was such a project trying to find suitable scales to start recording alternating kgs / lbs weigh in days, went to about 10 stores-

Pounds / Inches: 178.6 lbs / 31.9 in
 Kilograms / Centimetres: 81 kgs / 81 cm
 -German scales 'Beurer' ended up being most suitable, bought them at...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

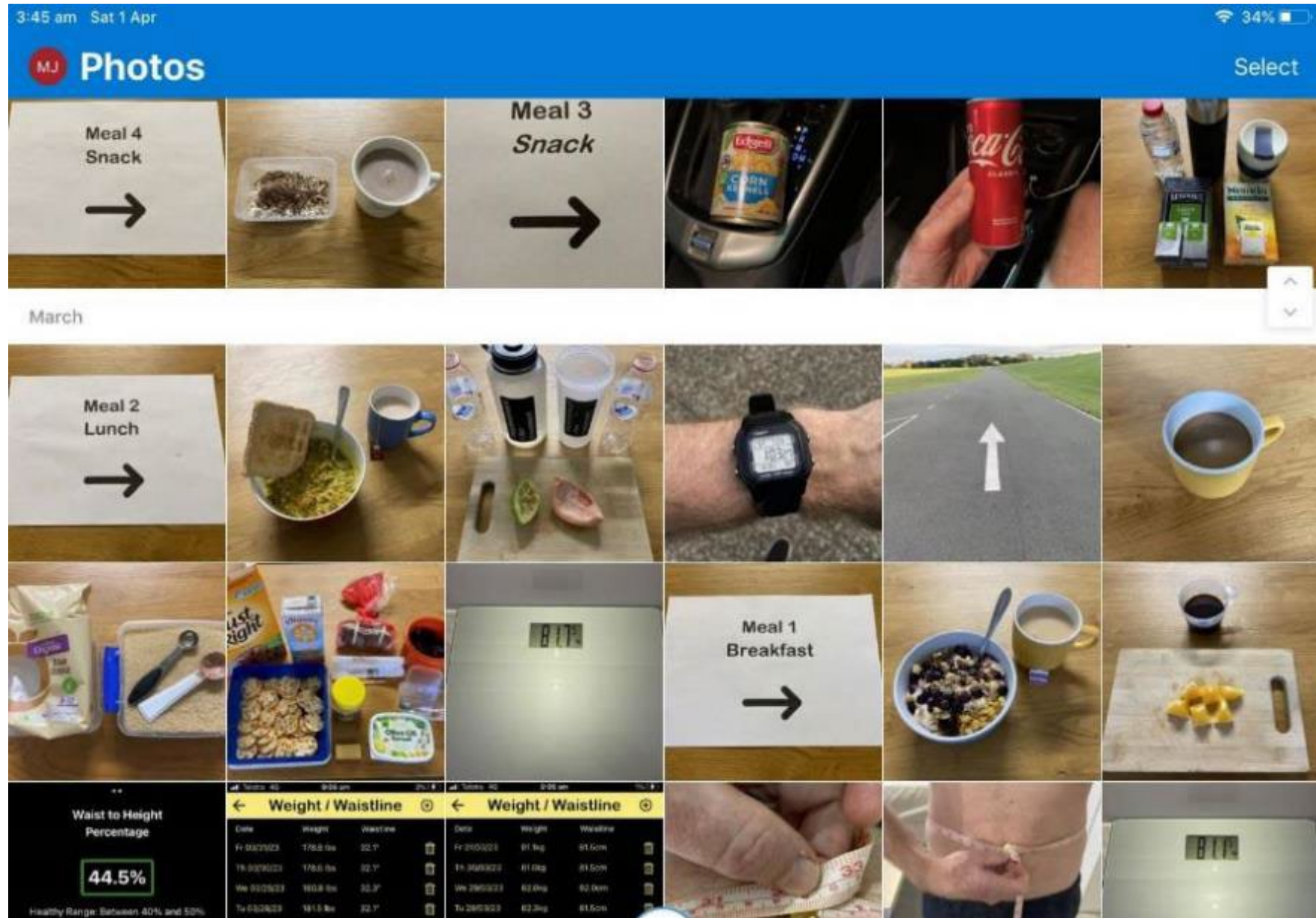


Day / Date / Time of Measurements: Saturday, April 1st, 9.35am
 Note: ... a hardware store, best scales I've ever owned, needed to be consistently accurate, big enough to read, clear backlight, and weight-

Pounds / Inches: 179.3 lbs / 31.9 in
 Kilograms / Centimetres: 81.3 kgs / 81 cm
 -had to stay on the screen long enough to get phone and take photo.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

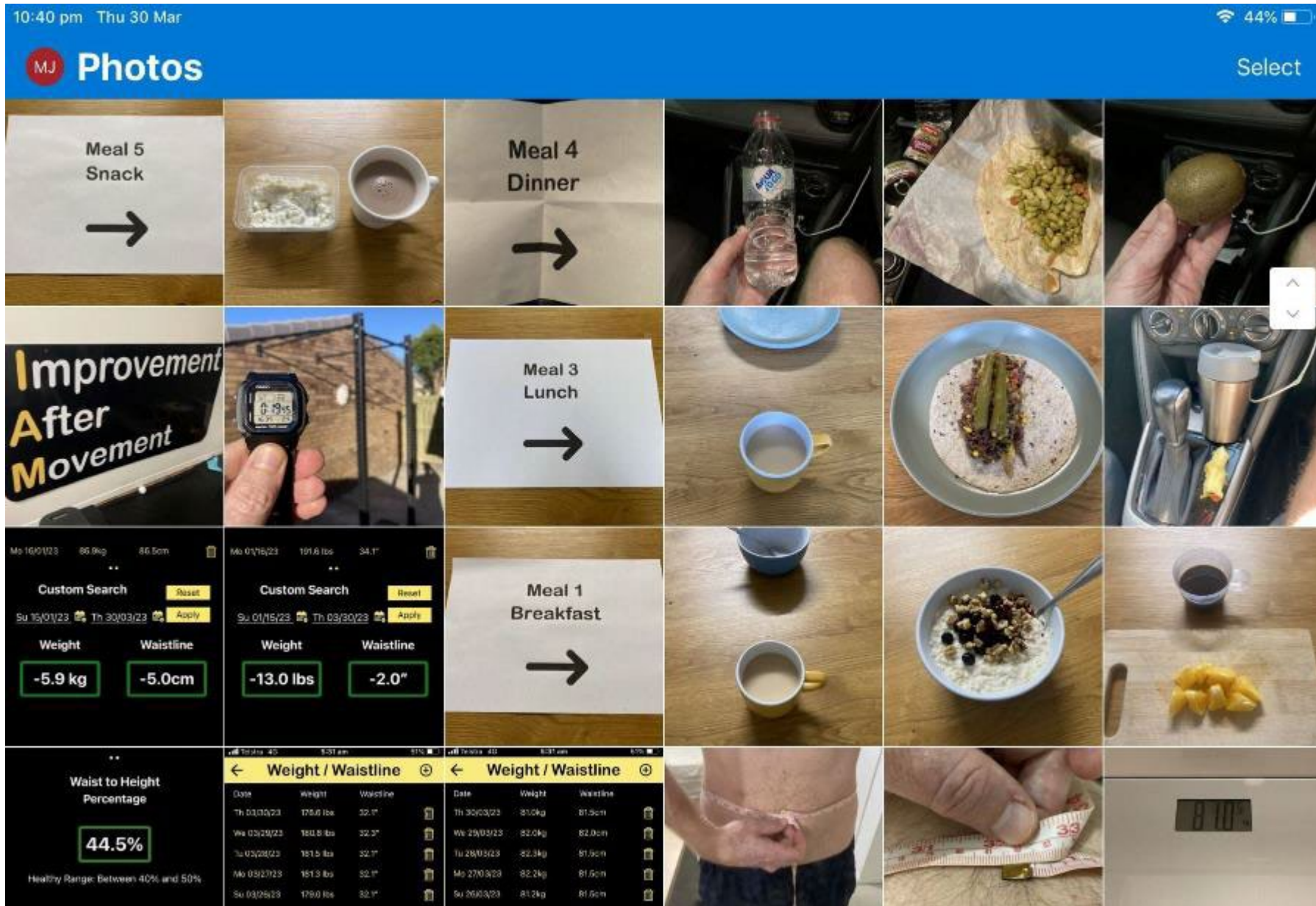


Day / Date / Time of Measurements: Friday, March 31st, 9am
 Note: I listed Binge #6 as a "Blowout Binge" in my health diary, later analysis was this, "didn't eat enough during the day, no Veggs, also-

Pounds / Inches: 178.8 lbs / 32.1 in
 Kilograms / Centimetres: 81.1 kgs / 81.5 cm
 -very tired, and I stayed up late watching tv, also note this particular ...

Improvement After Movement

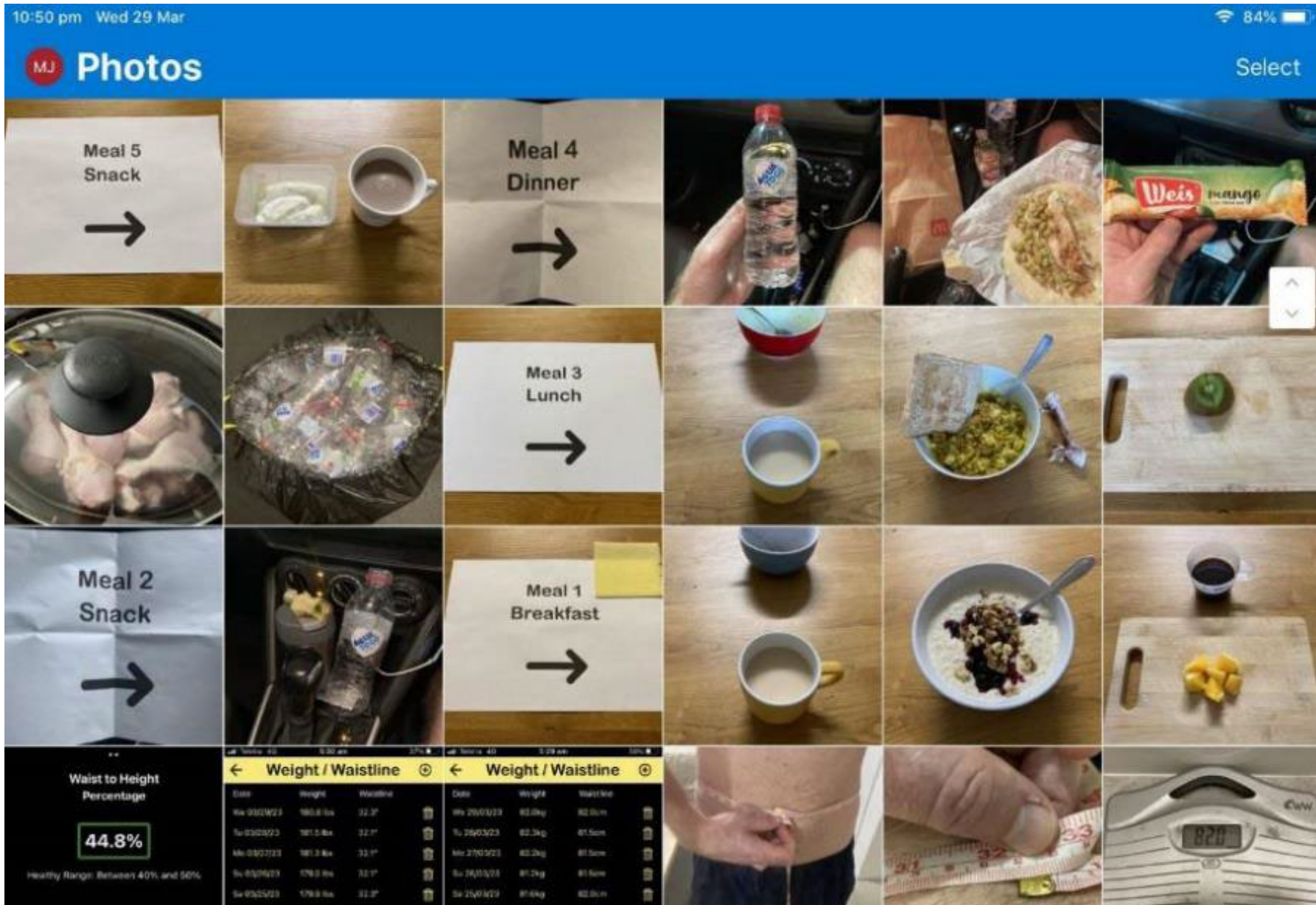
How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Thursday, March 30th, 5.30am | Pounds / Inches: 178.6 lbs / 32.1 in |
| Note: ...scales are 0.4 kgs (nearly 1 lb) less than previous scales, just weren't suitable for what I needed for this project, reason the above- | Kilograms / Centimetres: 81 kgs / 81.5 cm |
| | -page readings are visible is because I had a second iPhone lighting it up. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

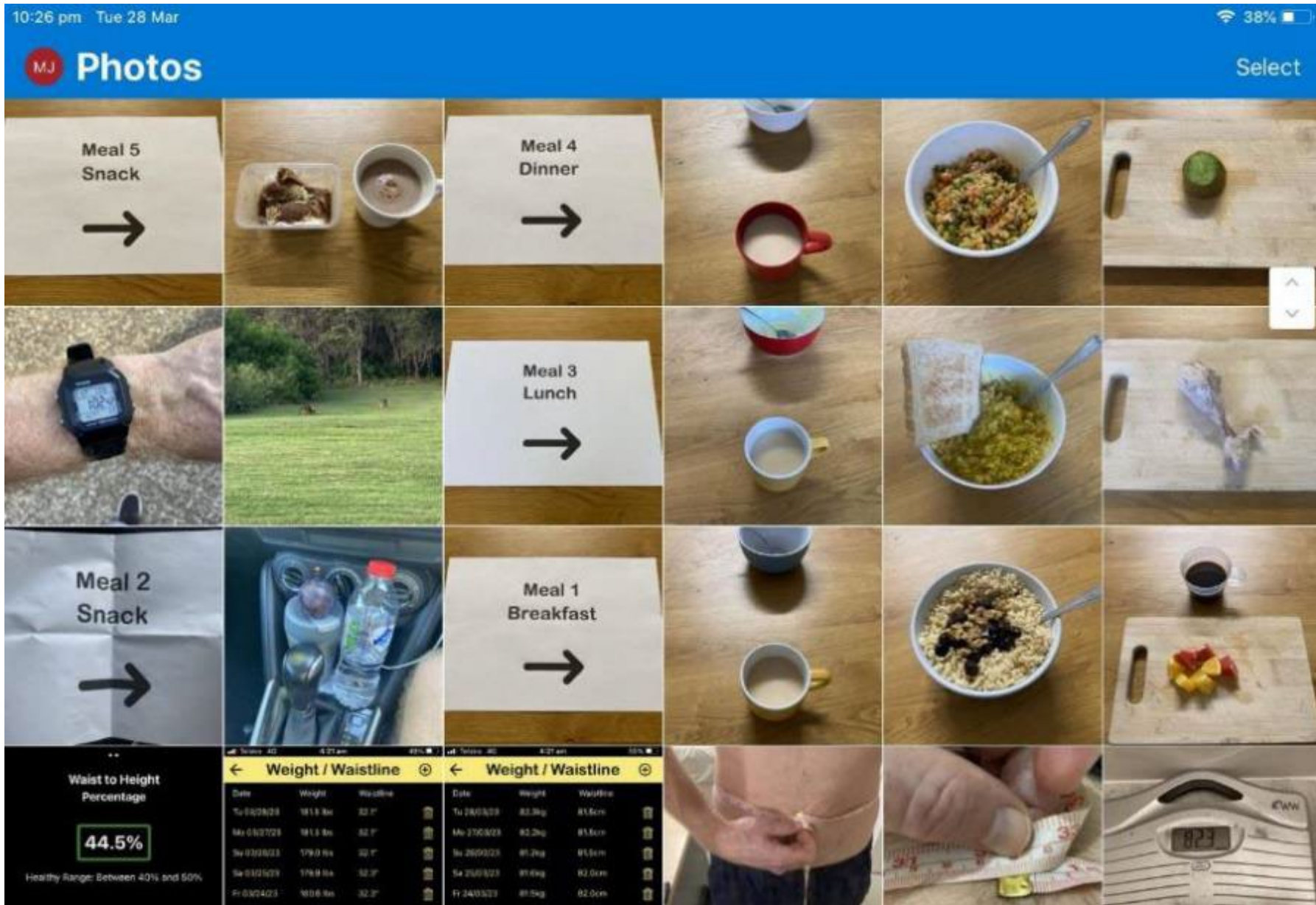


Day / Date / Time of Measurements: Wednesday, March 29th, 5.25am
 Note: Slow cooker chicken drumsticks system is so easy to implement and manage in a dietary system.

Pounds / Inches: 180.8 lbs / 32.3 in
 Kilograms / Centimetres: 82 kgs / 82 cm

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

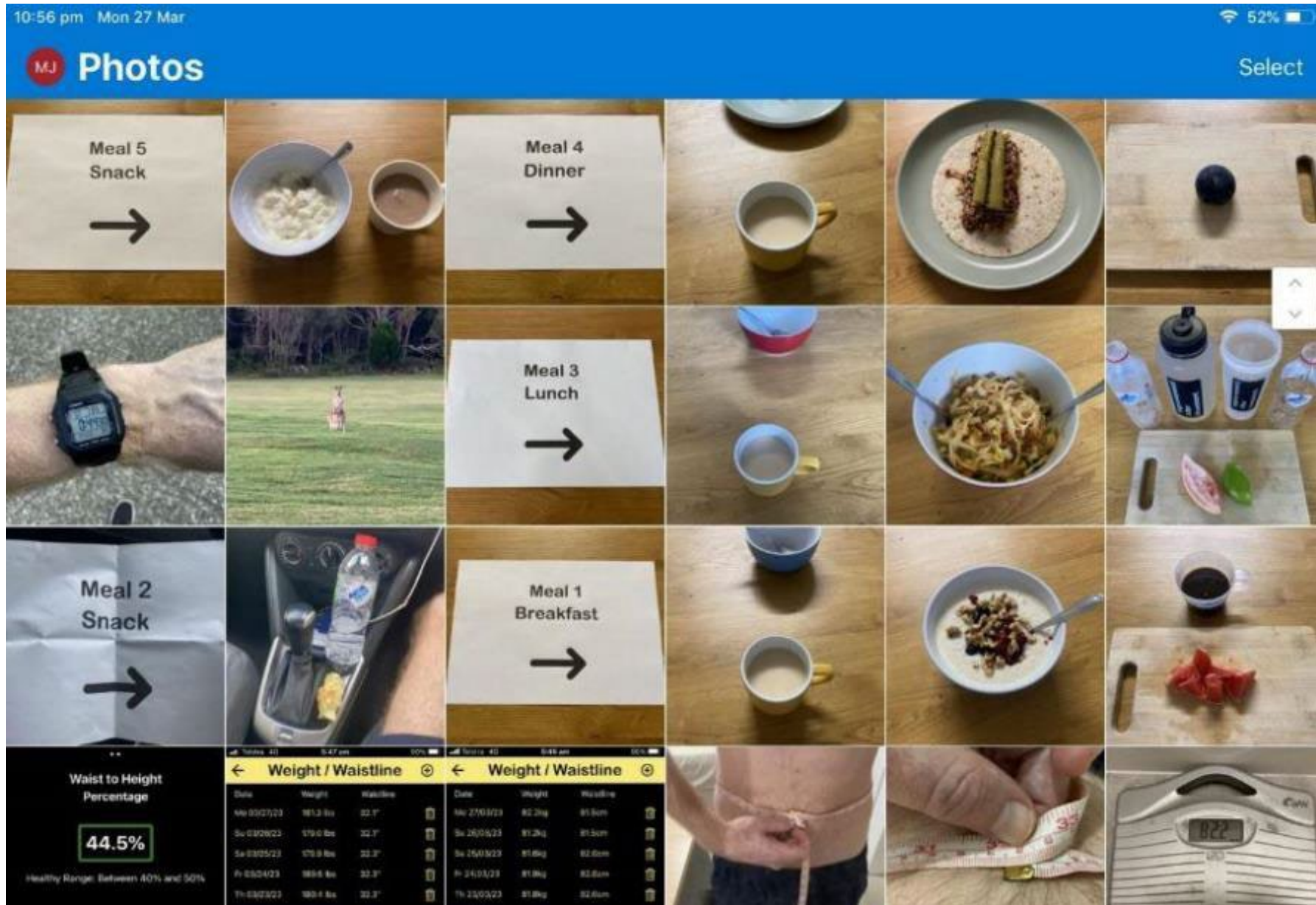


Day / Date / Time of Measurements: Tuesday, March 28th, 4.20am
 Note: I used to have just Oats every day when I switched it into being my breakfast meal each day, then got over just having oats on its own,-

Pounds / Inches: 181.5 lbs / 32.1 in
 Kilograms / Centimetres: 82.3 kgs / 81.5 cm
 -Started playing around with cereals, Corn Flakes, Rice Bubbles, also...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

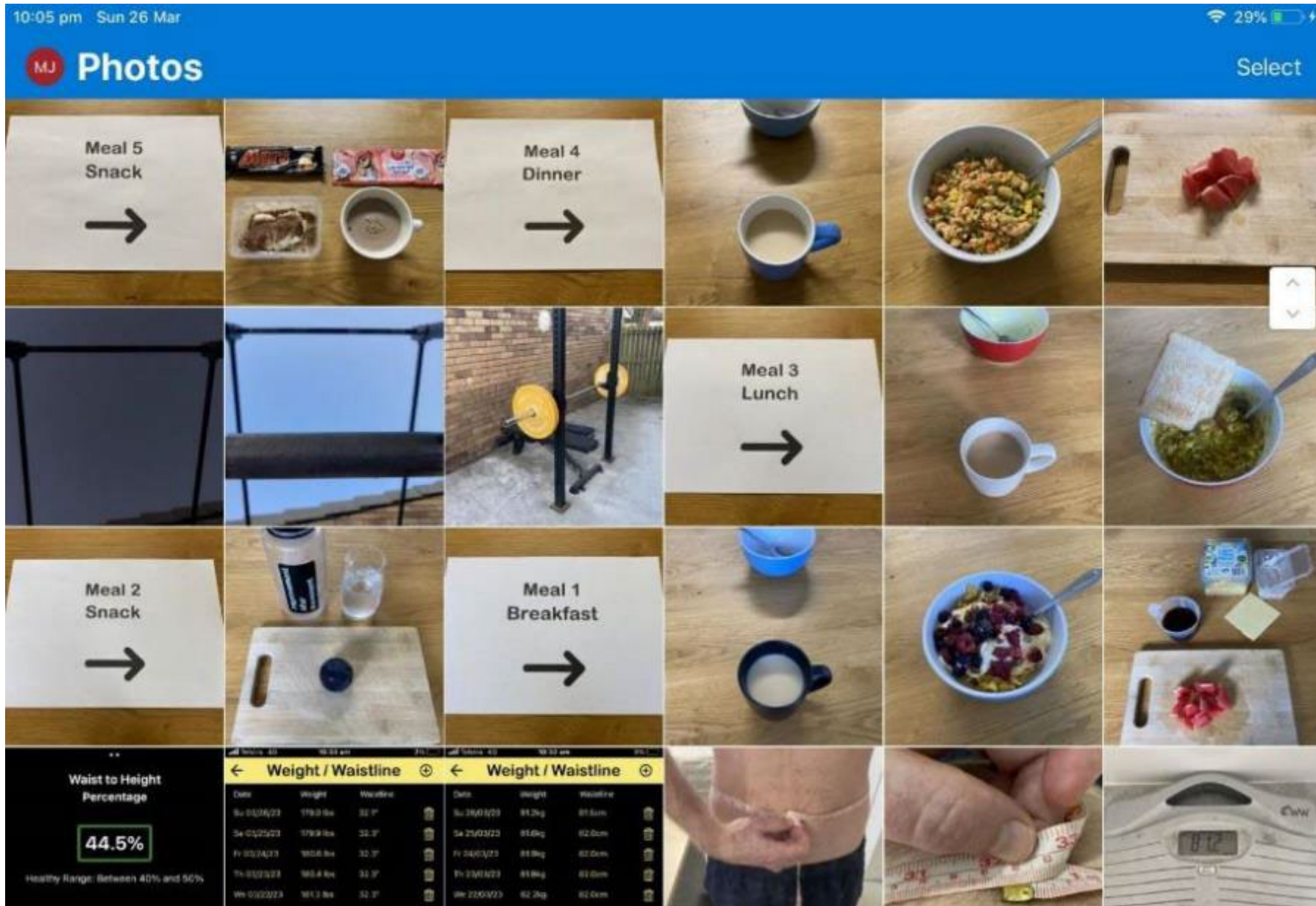


Day / Date / Time of Measurements: Monday, March 27th, 5.45am
 Note: ...how long I would feel full from eating the same number of calories with Oats compared to both Corn Flakes and Rice Bubbles,-

Pounds / Inches: 181.3 lbs / 32.1 in
 Kilograms / Centimetres: 82.2 kgs / 81.5 cm
 -Oats kept me fuller for longest, but Corn Flakes were my favourite...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

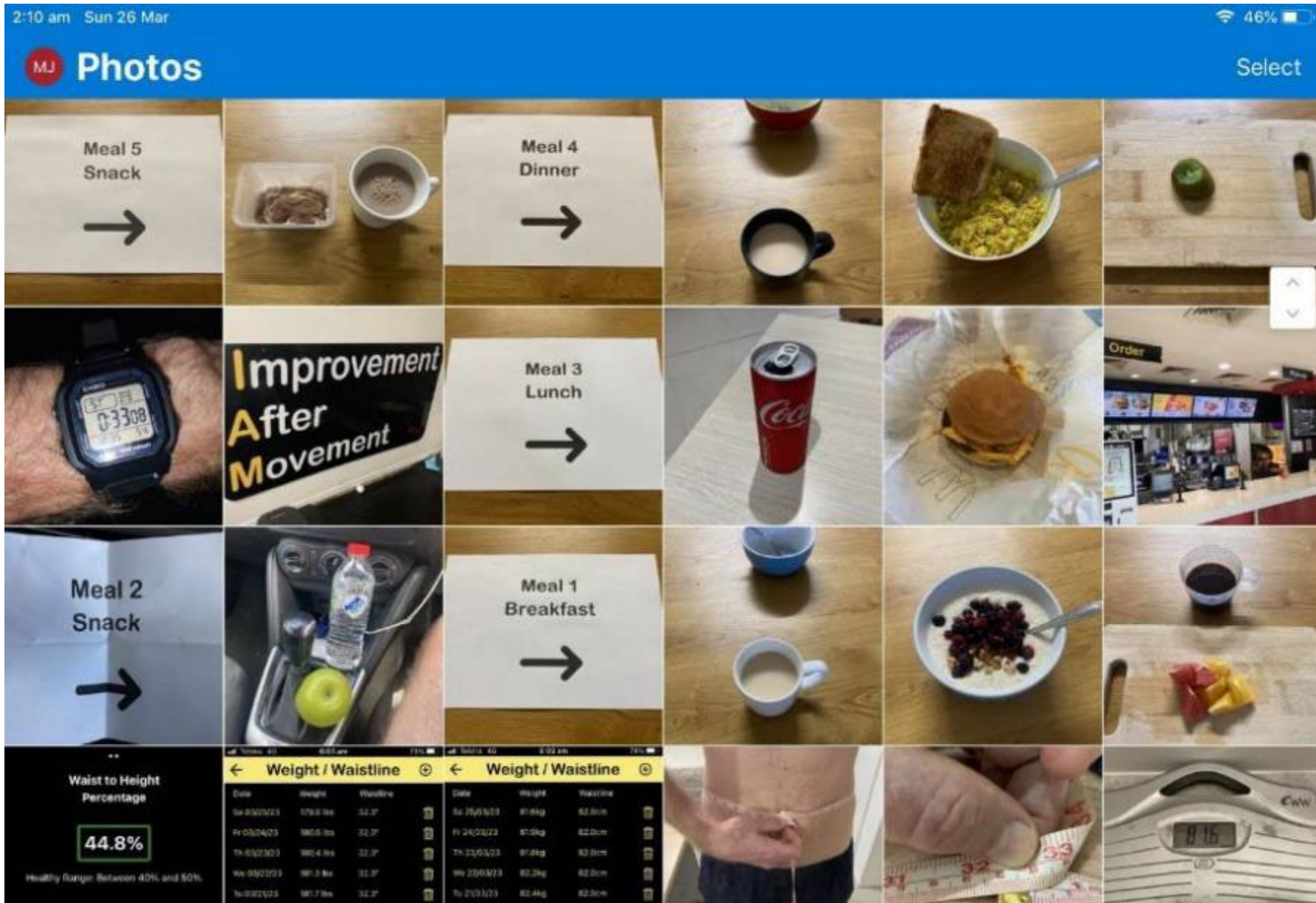


Day / Date / Time of Measurements: Sunday, March 26th, 10.30am
 Note: cereal to eat, came to a combination compromise that I'm pretty happy with, I now eat 1.5 serves of oats each day as a base, and I add a-

Pounds / Inches: 179 lbs / 32.1 in
 Kilograms / Centimetres: 81.2 kgs / 81.5 cm
 -cup of Corn Flakes to it, with the other ingredients, I really like it.

Improvement After Movement

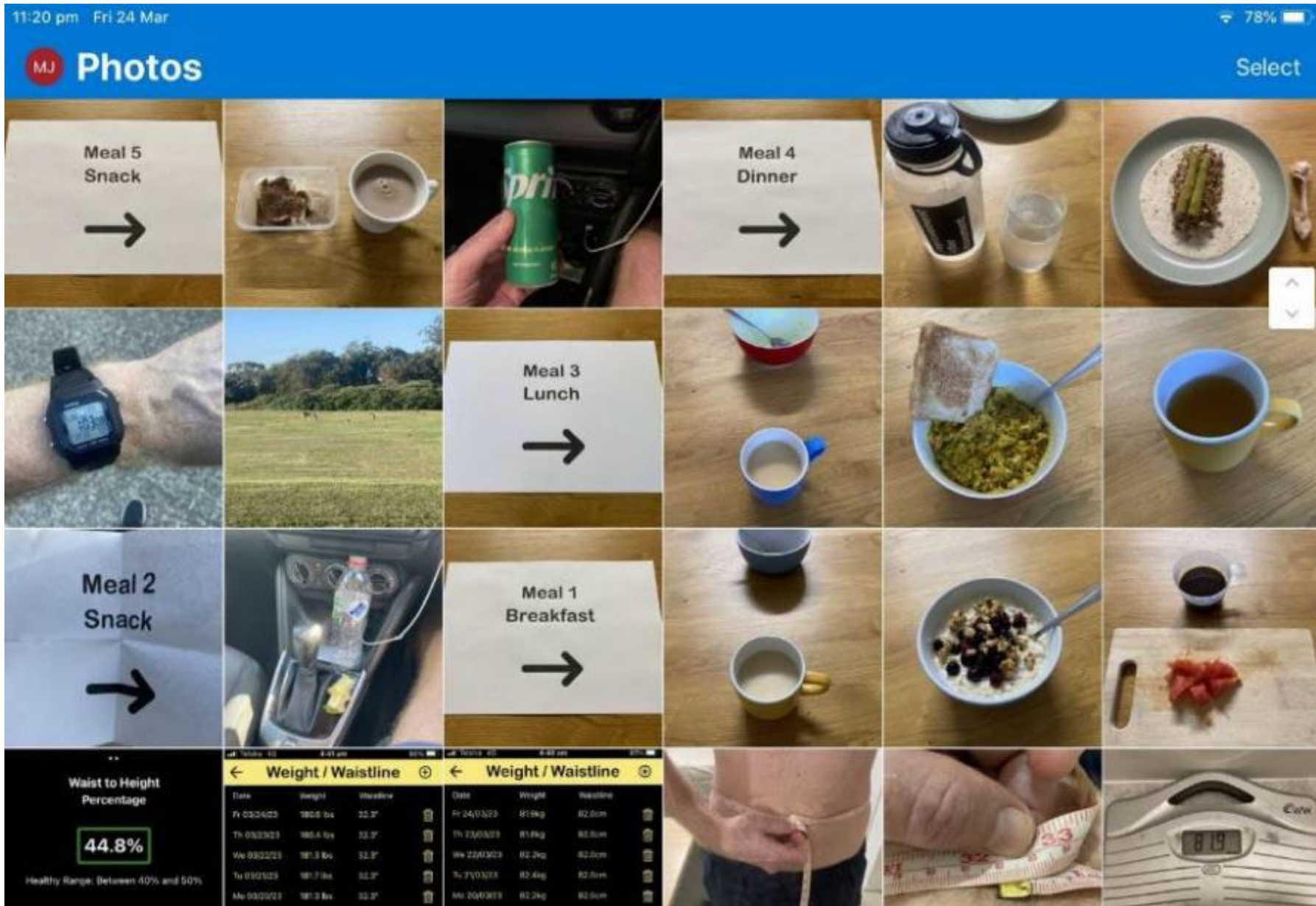
How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Saturday, March 25th, 6am | Pounds / Inches: 179.9 lbs / 32.3 in |
| Note: My design of the Improvement After Movement logo was actually inspired by the old Order and Pick-up signs in McDonald's restaurants. | Kilograms / Centimetres: 81.6 kgs / 82 cm |
| | Order was yellow on black, Pick-up was white on black, pretty simple hey. |

Improvement After Movement

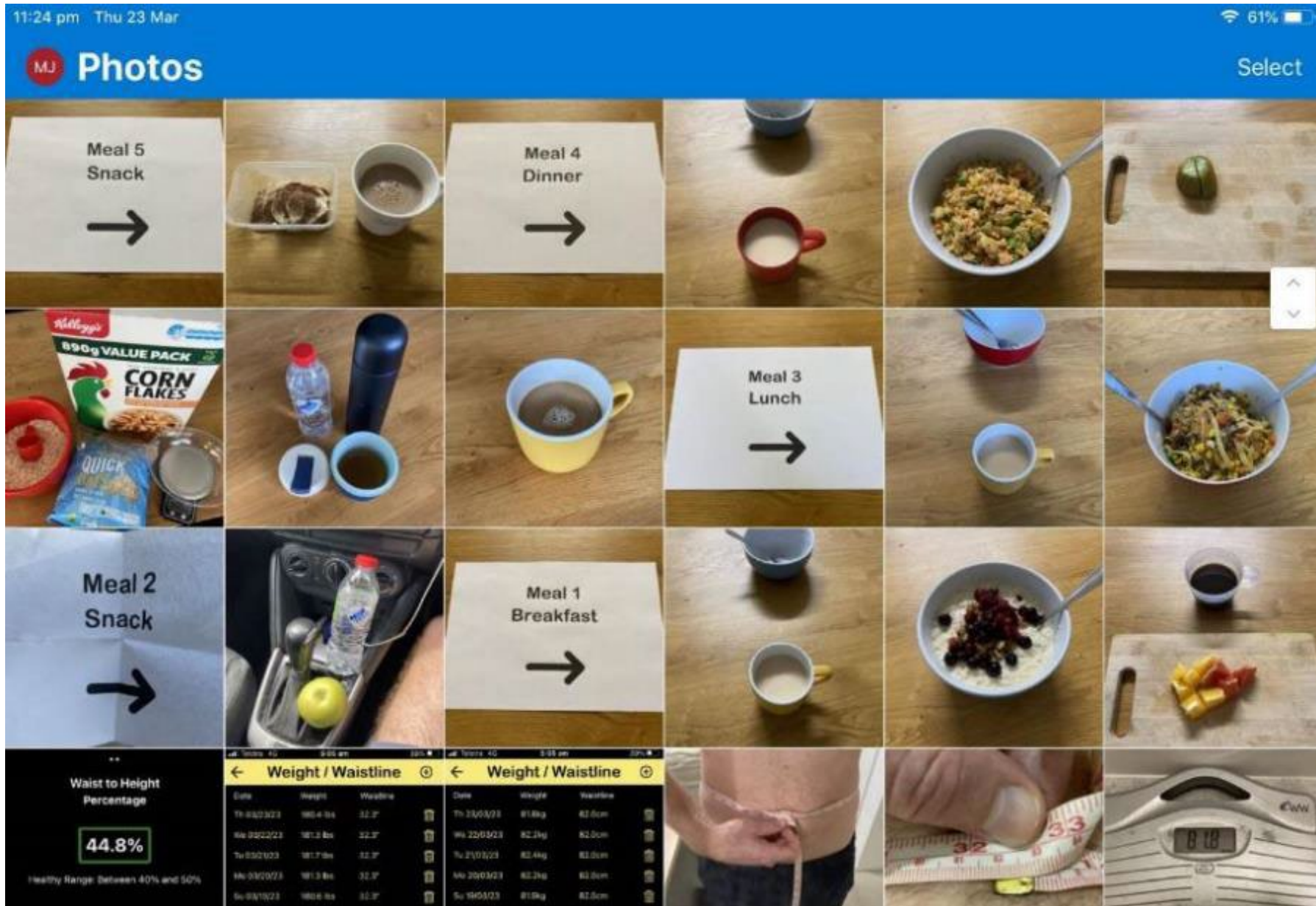
How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Friday, March 24th, 4.35am | Pounds / Inches: 180.6 lbs / 32.3 in |
| Note: Before the Meal 1, Meal 2 and so labels were digital screenshots, they first started out as pieces of paper I would place on the bench in- | Kilograms / Centimetres: 81.9 kgs / 82 cm |
| | -the garage after cleaning up after each meal. This ebook starts on ... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

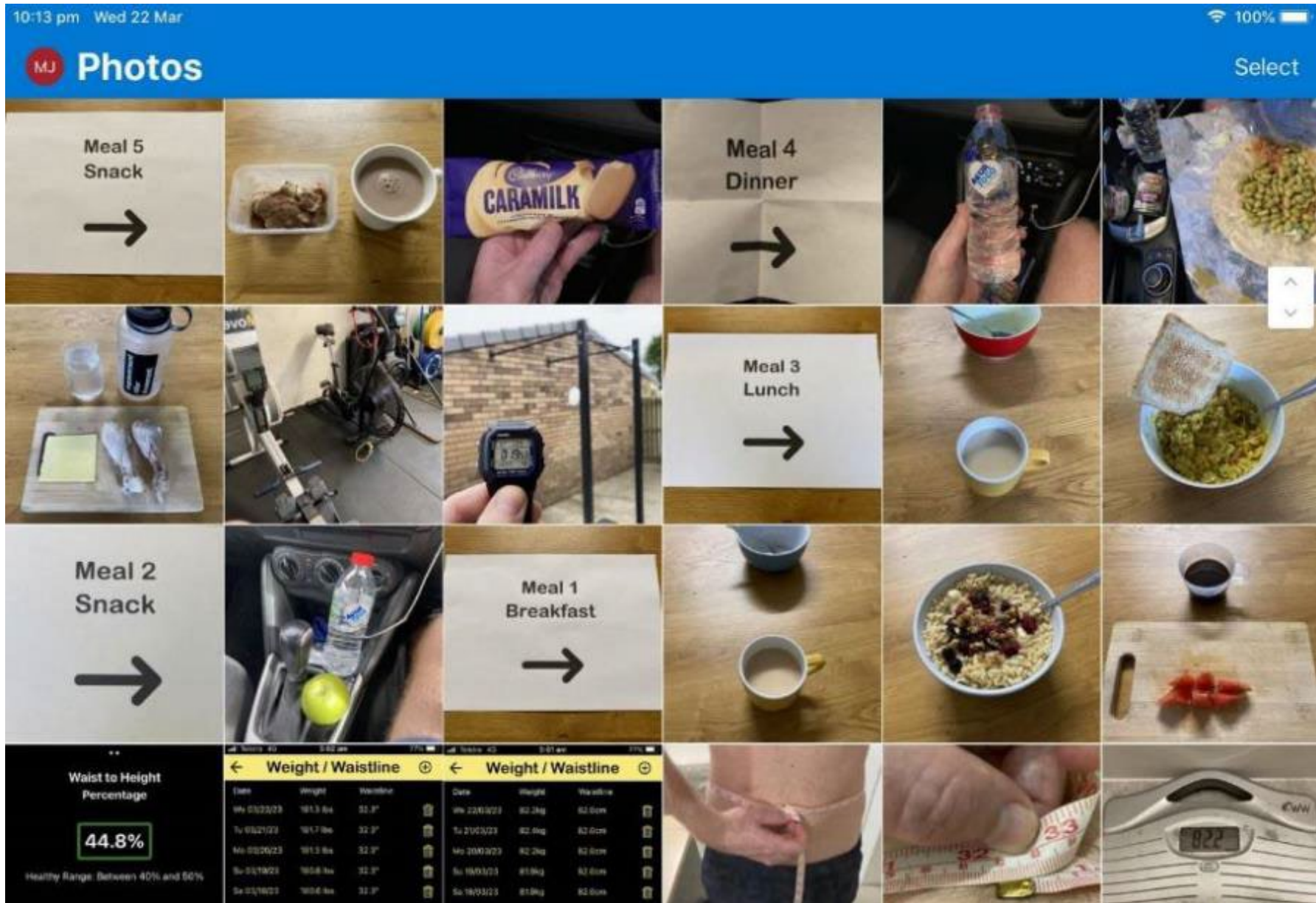


Day / Date / Time of Measurements: Thursday, March 23rd, 5am
 Note: Sunday, February 19th, but there were recorded days before when there were no labels at all, I was simply taking photos of a blank-

Pounds / Inches: 180.4 lbs / 32.3 in
 Kilograms / Centimetres: 81.8 kgs / 82 cm
 -bench after cleaning up, how this picture came about was because I...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

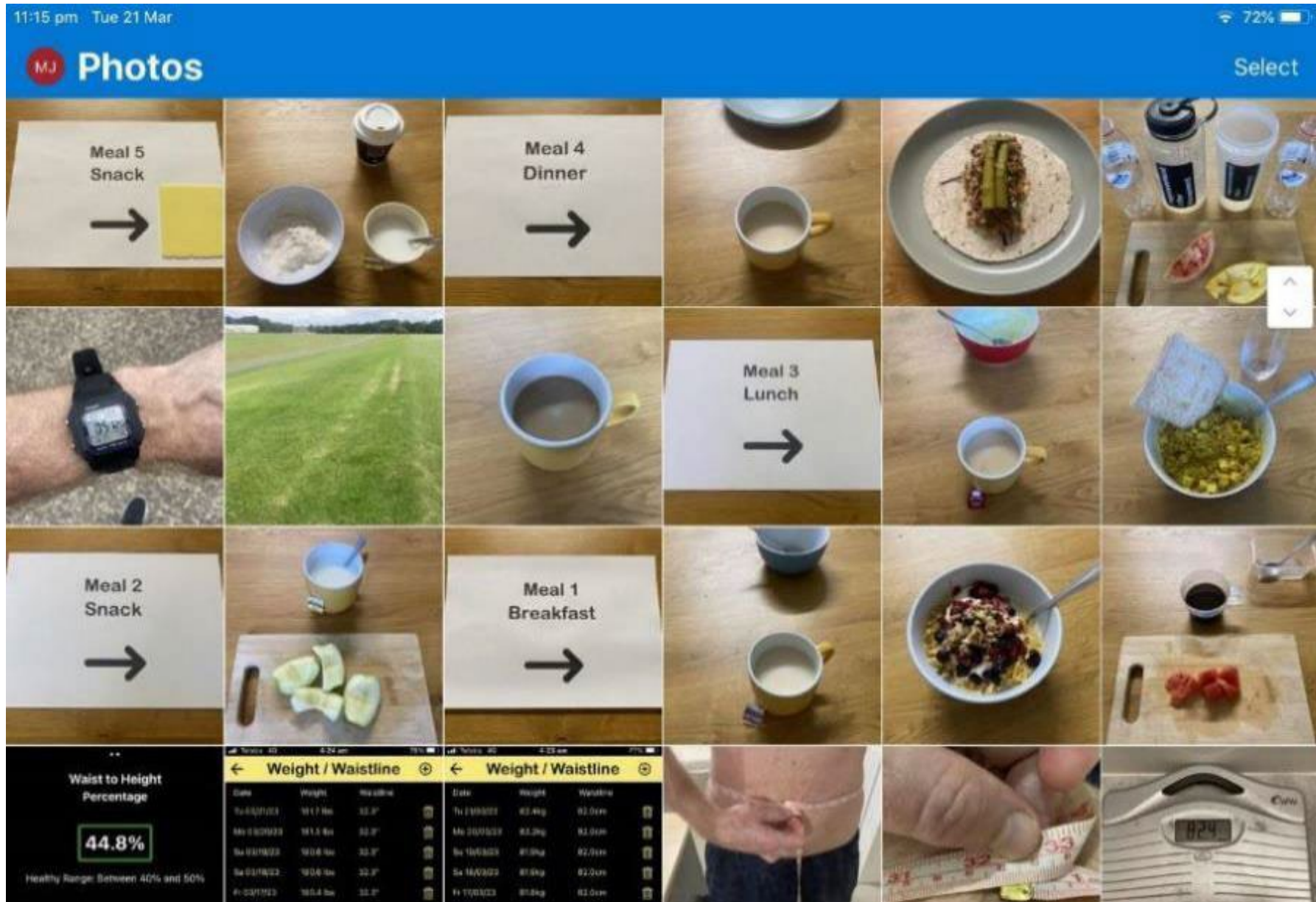


Day / Date / Time of Measurements: Wednesday, March 22nd, 5am
 Note: ... wanted to see how long it was taking me to eat my meals, so I simply started taking photos of each meal at the different stages of-

Pounds / Inches: 181.3 lbs / 32.3 in
 Kilograms / Centimetres: 82.2 kgs / 82 cm
 -them, then I would look back and see the time stamps and be able...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

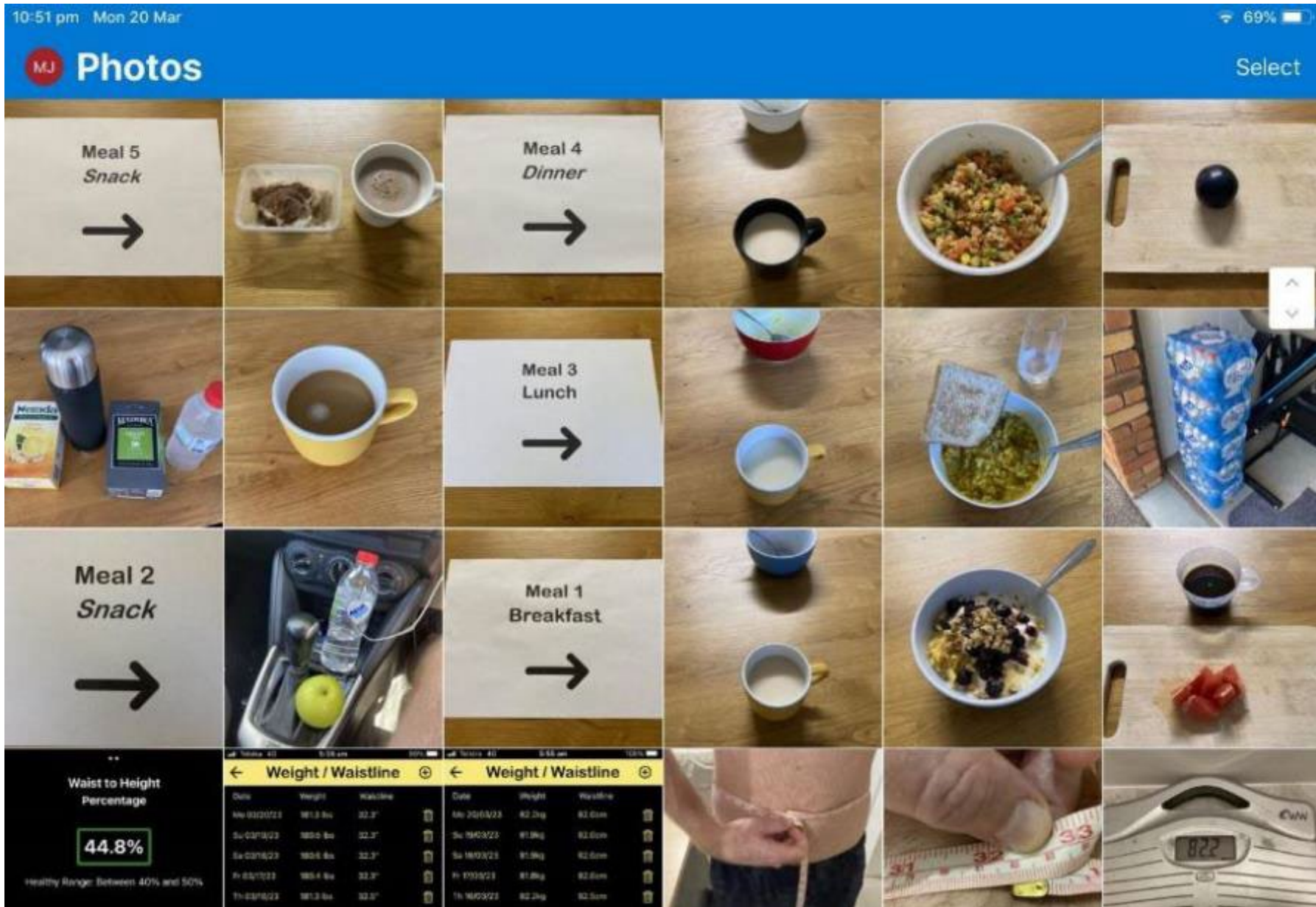


Day / Date / Time of Measurements: Tuesday, March 21st, 4.20am
 Note: ...to quickly calculate how long each meals was taking to eat, as well as clean up after too. In my early days modernising The Banting-

Pounds / Inches: 181.7 lbs / 32.3 in
 Kilograms / Centimetres: 82.4 kgs / 82 cm
 -System in 2019, I would sometimes find that I would still be hungry...

Improvement After Movement

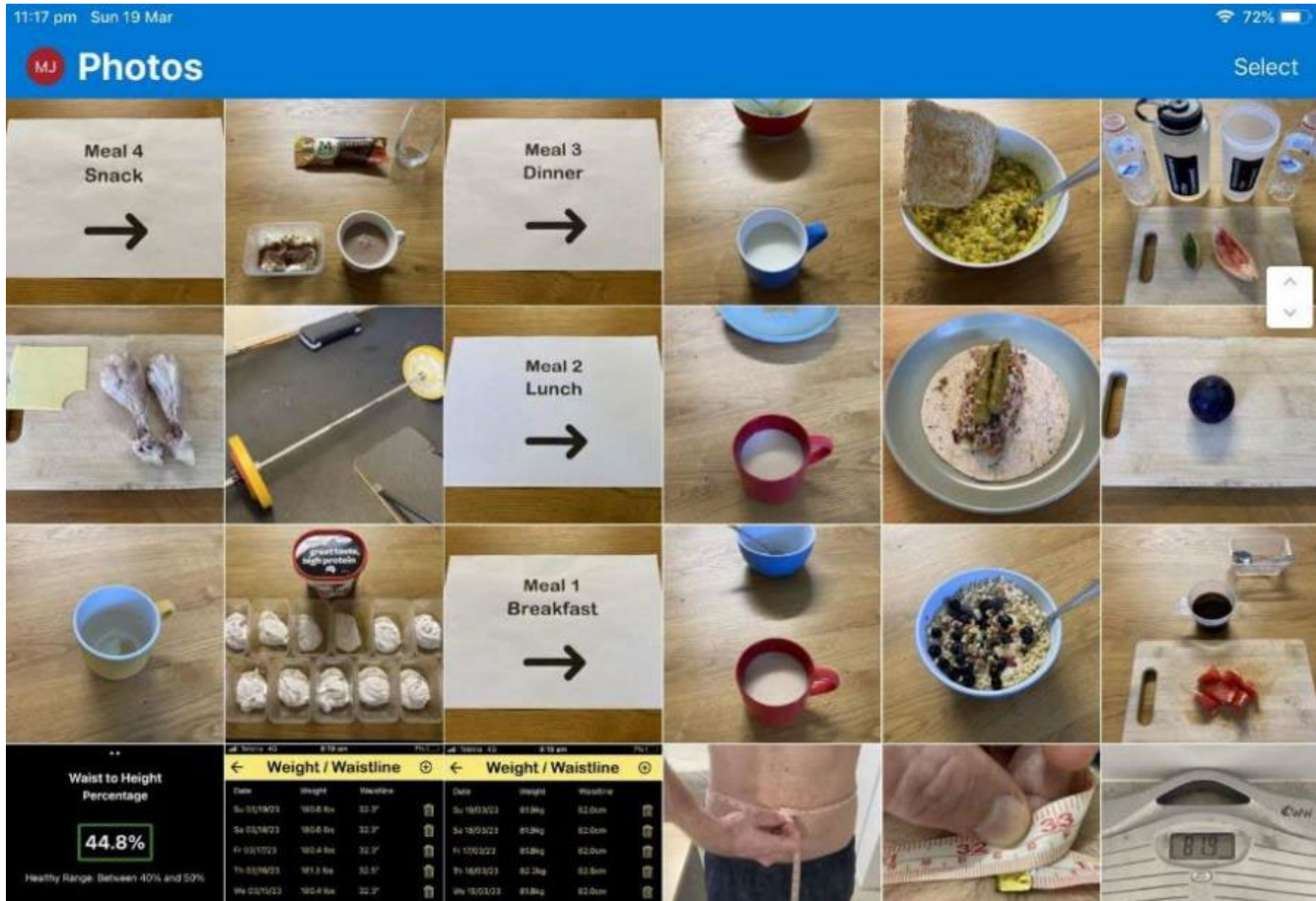
How To Get To Q1 Waist to Height (WtH)



| | |
|--|--|
| Day / Date / Time of Measurements: Monday, March 20th, 5.50am | Pounds / Inches: 181.3 lbs / 32.3 in |
| Note: ...after finishing the drink component of my meal, which was usually a water based, protein shake with a little milk, I would drink- | Kilograms / Centimetres: 82.2 kgs / 82 cm |
| | -it so fast, anyway, I noticed that so long as I went and washed the ... |

Improvement After Movement

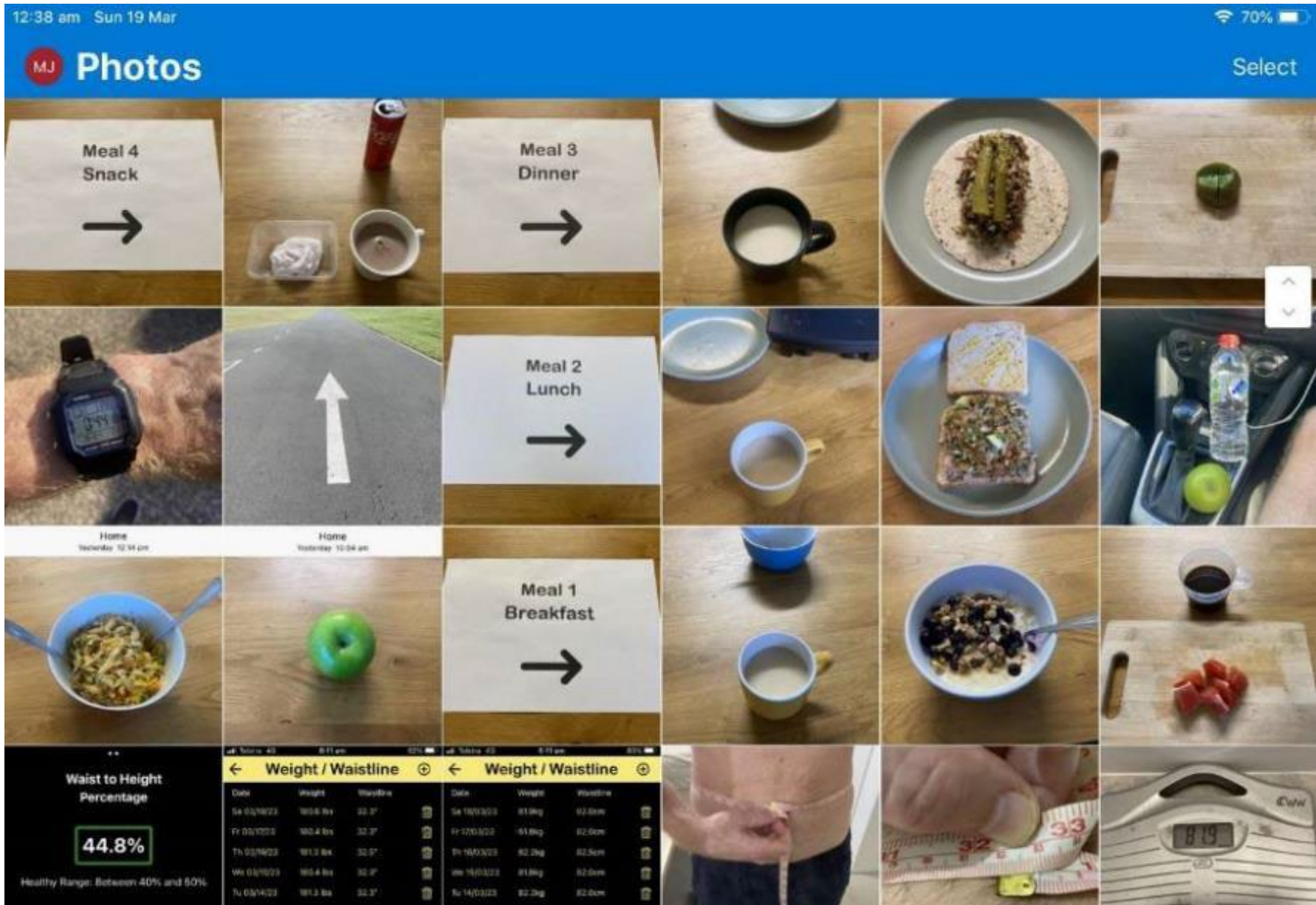
How To Get To Q1 Waist to Height (WtH)



| | |
|--|--|
| Day / Date / Time of Measurements: Sunday, March 19th, 8.15am | Pounds / Inches: 180.6 lbs / 32.3 in |
| Note: ...dishes straight after finishing the meal, that by the end of the 5-10 minutes washing up, I was almost 100% of the time full, that's- | Kilograms / Centimetres: 81.9 kgs / 82 cm |
| | -something to keep in mind if you put in place the 3 step Beginning, ... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

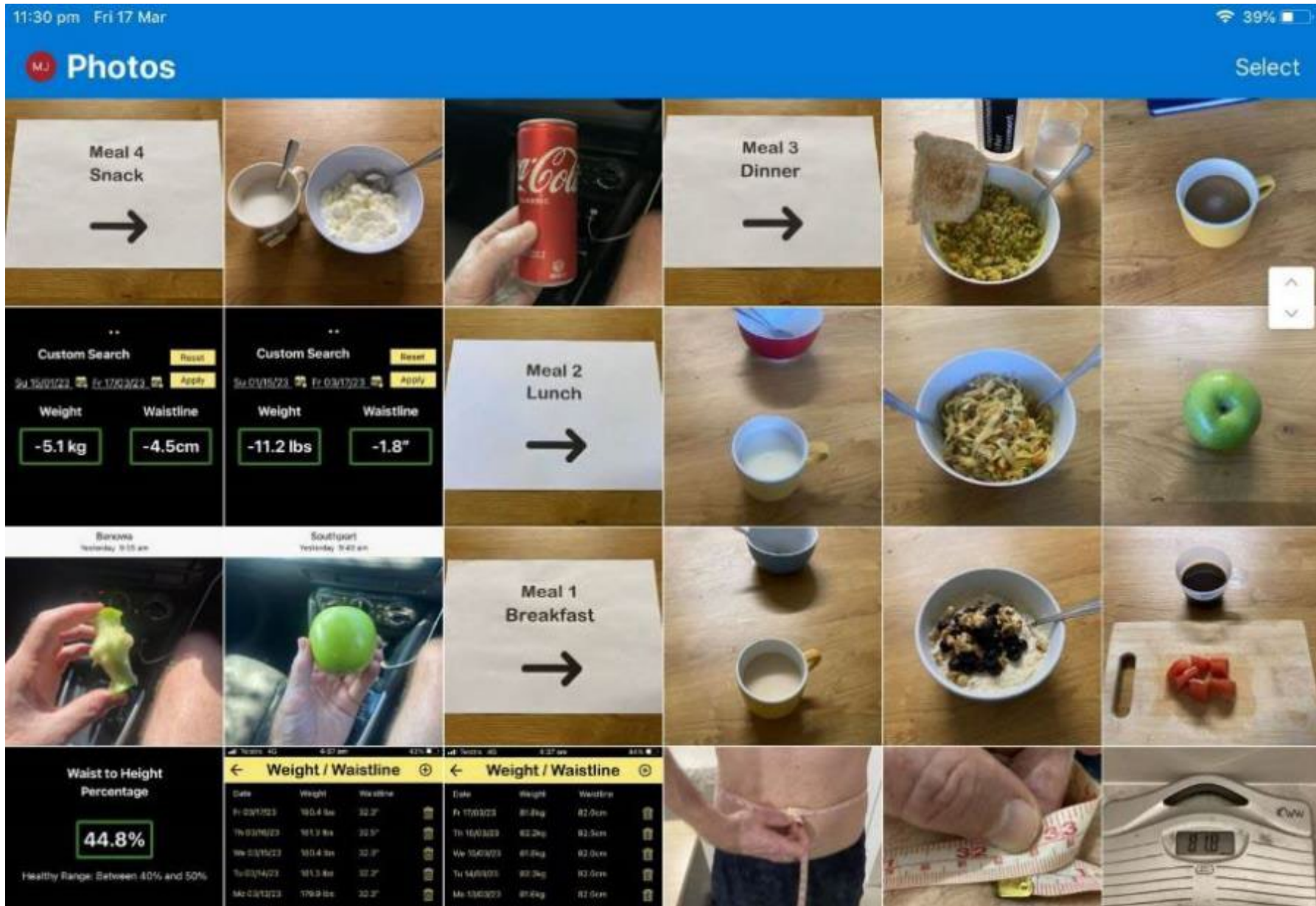


Day / Date / Time of Measurements: Saturday, March 18th, 6.10am
 Note: ... Middle and End meal eating strategy, your End section can also include cleaning up after finishing your drink. Two more points about-

Pounds / Inches: 180.6 lbs / 32.3 in
 Kilograms / Centimetres: 81.9 kgs / 82 cm
 -this, this is the value of drinking hot drinks with meals, they slow you ...

Improvement After Movement

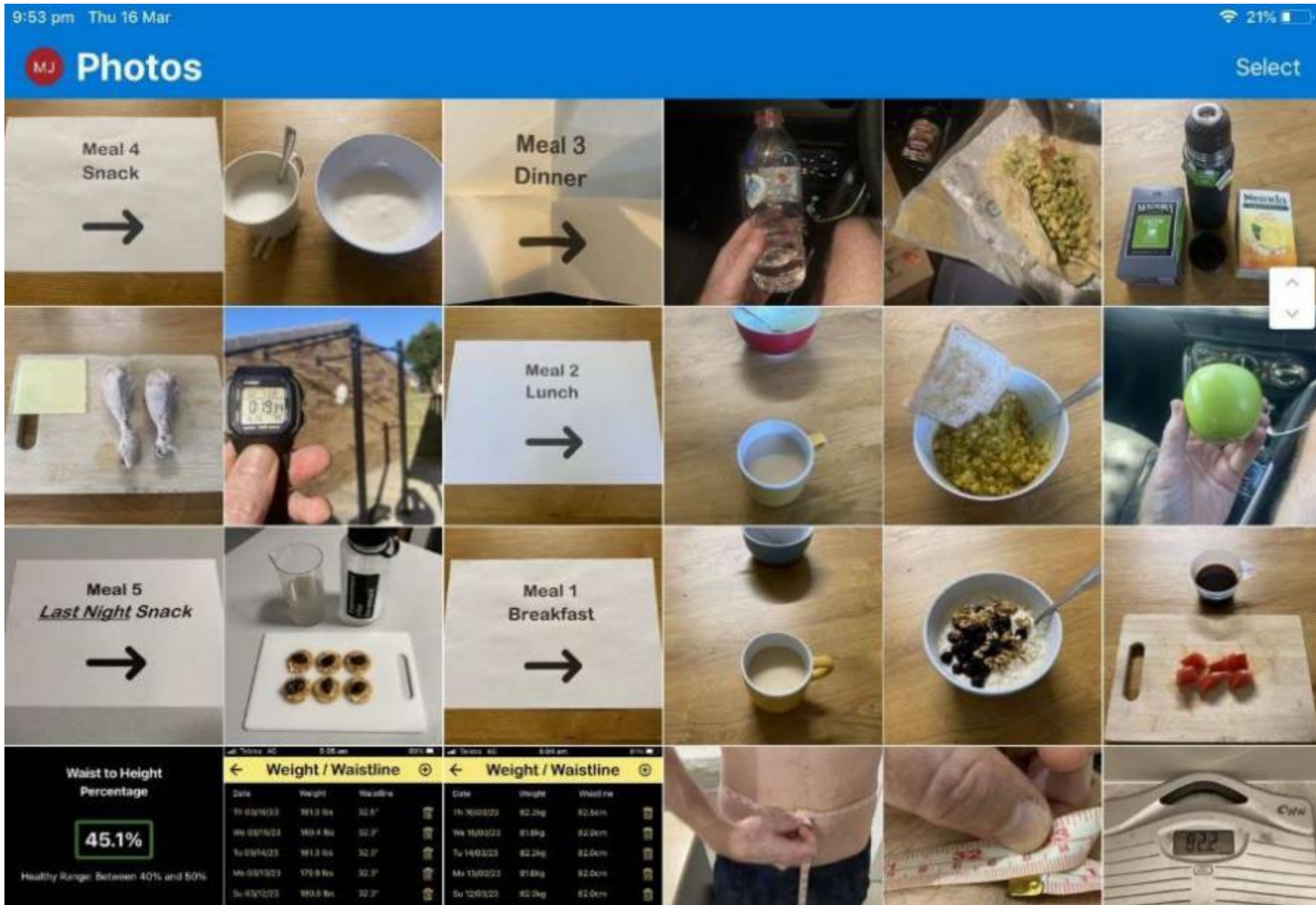
How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Friday, March 17th, 4.35am | Pounds / Inches: 180.4 lbs / 32.3 in |
| Note: ... down and two, I mentioned this was in my early days of modernising The Banting System, I don't know for sure about this but- | Kilograms / Centimetres: 81.8 kgs / 82 cm |
| | -I think might stomach size may have been bigger at that time than it ... |

Improvement After Movement

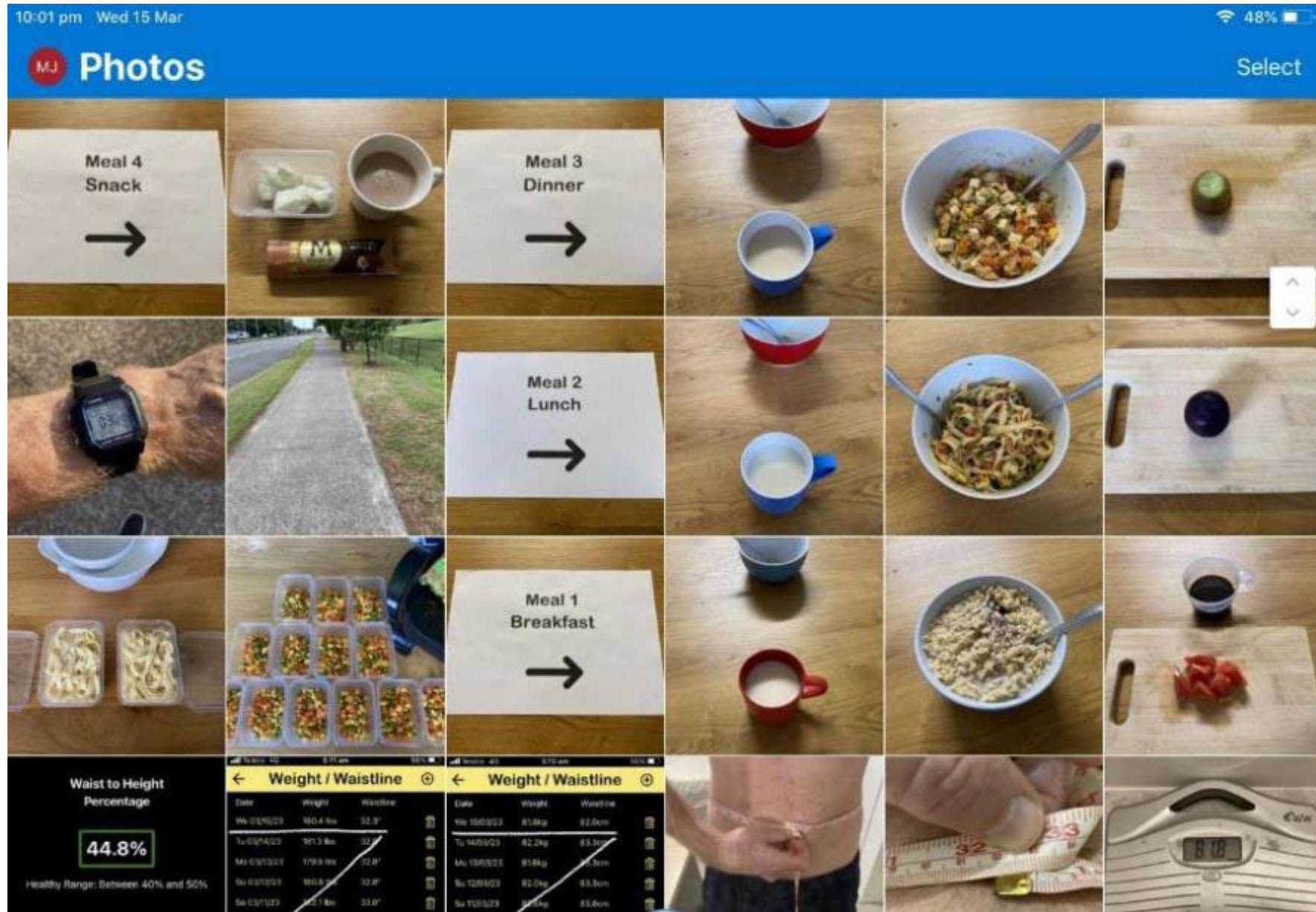
How To Get To Q1 Waist to Height (WtH)



| | |
|---|--|
| Day / Date / Time of Measurements: Thursday, March 16th, 5am | Pounds / Inches: 181.3 lbs / 32.5 in |
| Note: ... is now, because it's very rare for me to still feel hungry after finishing the drink component of one of my meals today. This next point- | Kilograms / Centimetres: 82.2 kgs / 82.5 cm |
| | -I think is pretty valuable too, see the apple I'm holding, it lead to a ... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

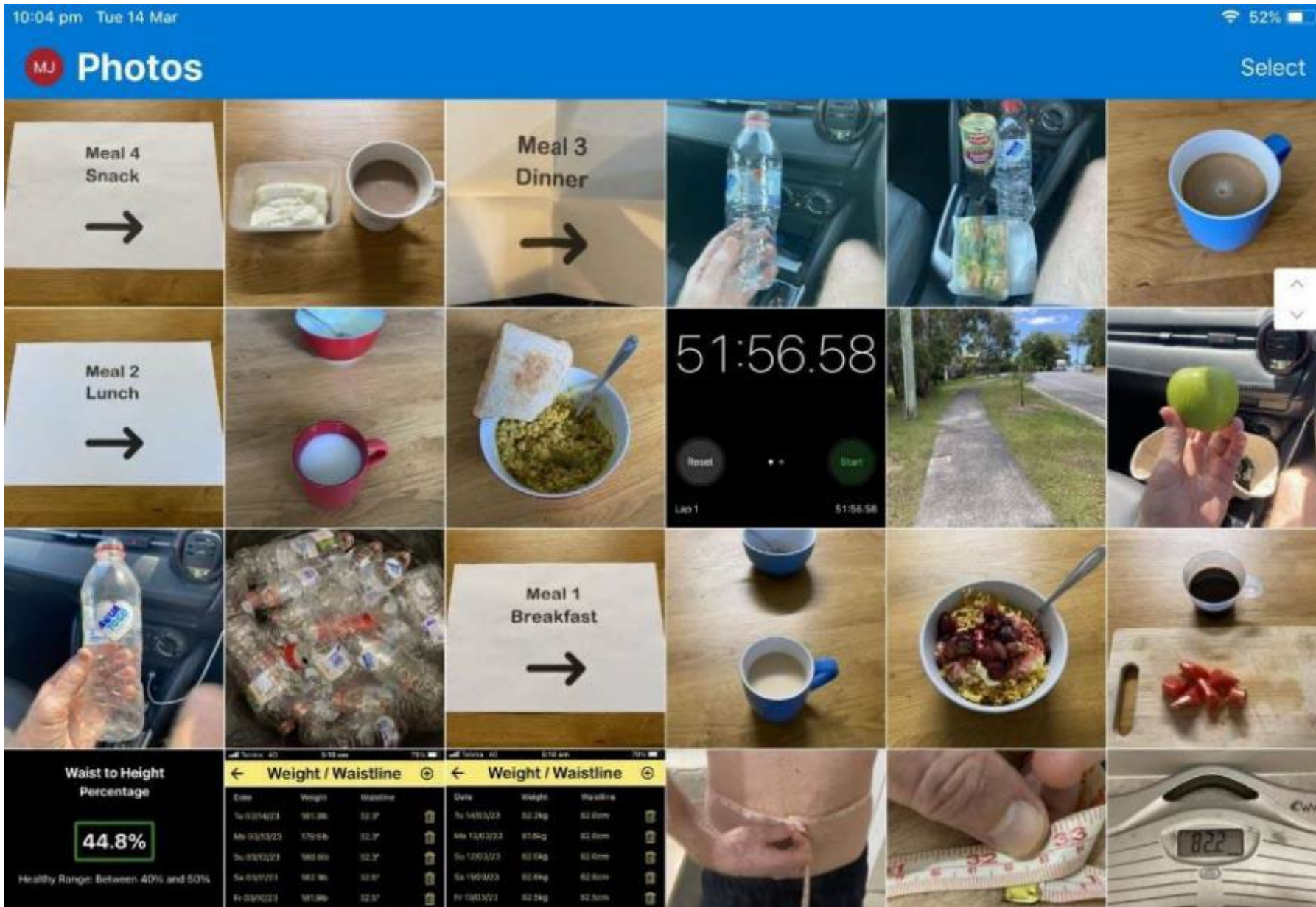


Day / Date / Time of Measurements: Wednesday, March 15th, 5.05am
 Note: ... little food experiment the next day, I think an overweight/obese person's life can be changed by mastering 5 minute moments, I can eat-

Pounds / Inches: 180.4 lbs / 32.3 in
 Kilograms / Centimetres: 81.8 kgs / 82 cm
 -a family block of chocolate, around 1,000 Calories in 5 minutes, which...

Improvement After Movement

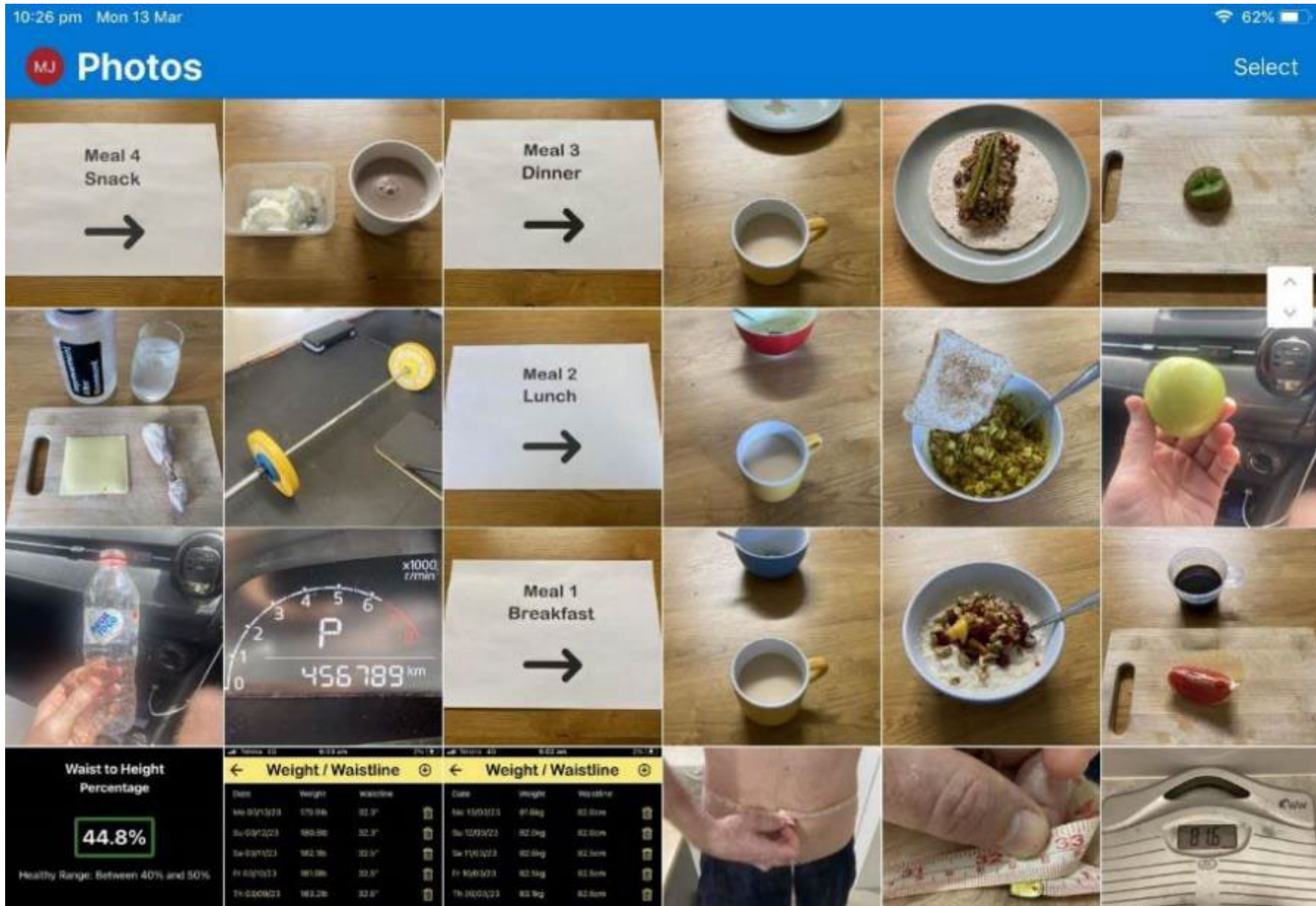
How To Get To Q1 Waist to Height (WtH)



| | |
|---|---|
| Day / Date / Time of Measurements: Tuesday, March 14th, 5.15am | Pounds / Inches: 181.3 lbs / 32.3 in |
| Note: ... that one 5 minute lapse can ruin the progress of a perfect week, which is why it's important to have such a dietary system in place,- | Kilograms / Centimetres: 82.2 kgs / 82 cm |
| | .. including a strong defence, and that's where the good old apple... |

Improvement After Movement

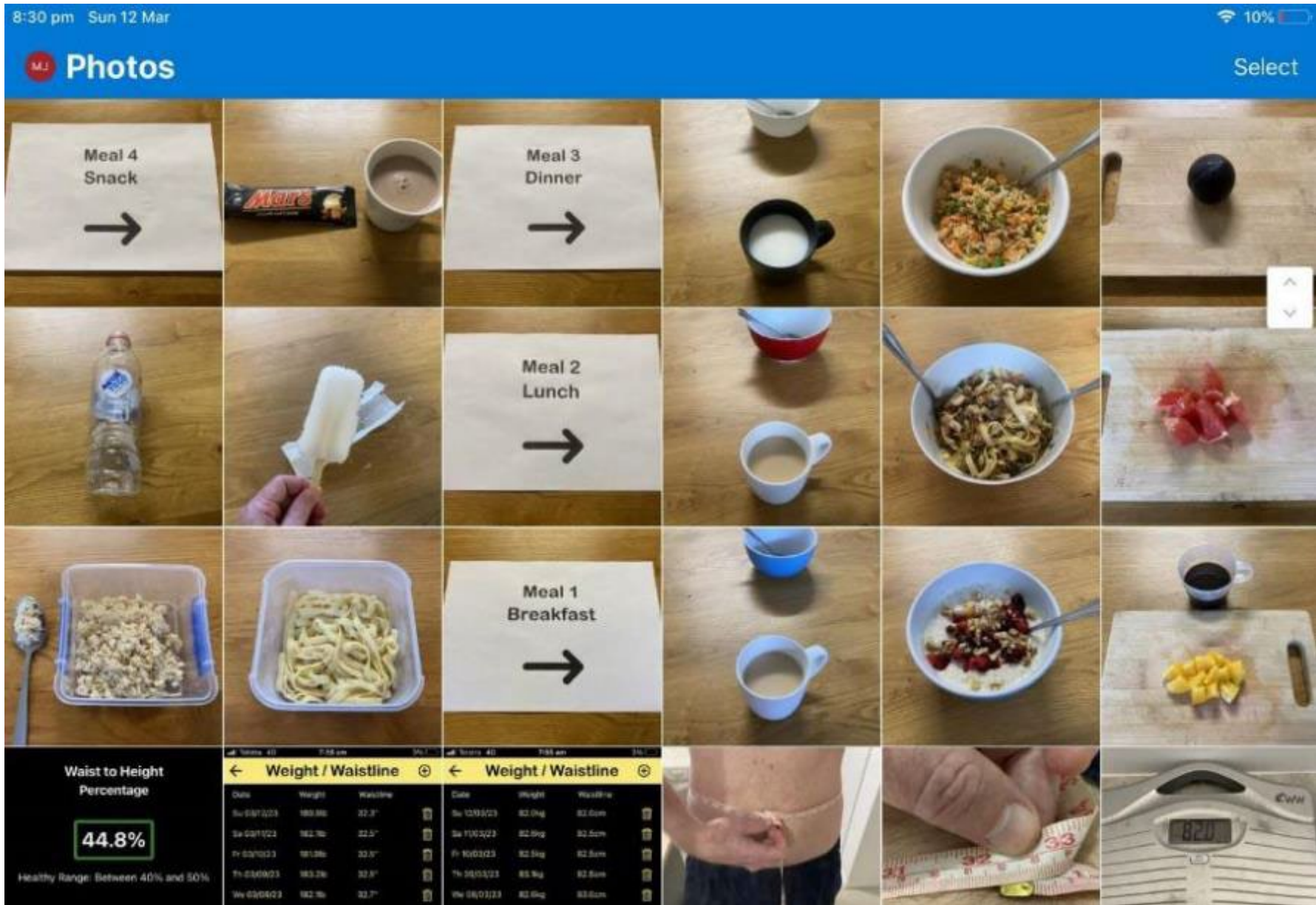
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Monday, March 13th, 6am
 Note: ... comes in. Away from its nutritional benefits, it takes me about 5 minutes to eat an apple, which is about 70 Calories. Once that 5 mins-
 Pounds / Inches: 179.9 lbs / 32.3 in
 Kilograms / Centimetres: 81.6 kgs / 82 cm
 passes, you've passed it. This 456,789 km dashboard (283,835 miles) ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

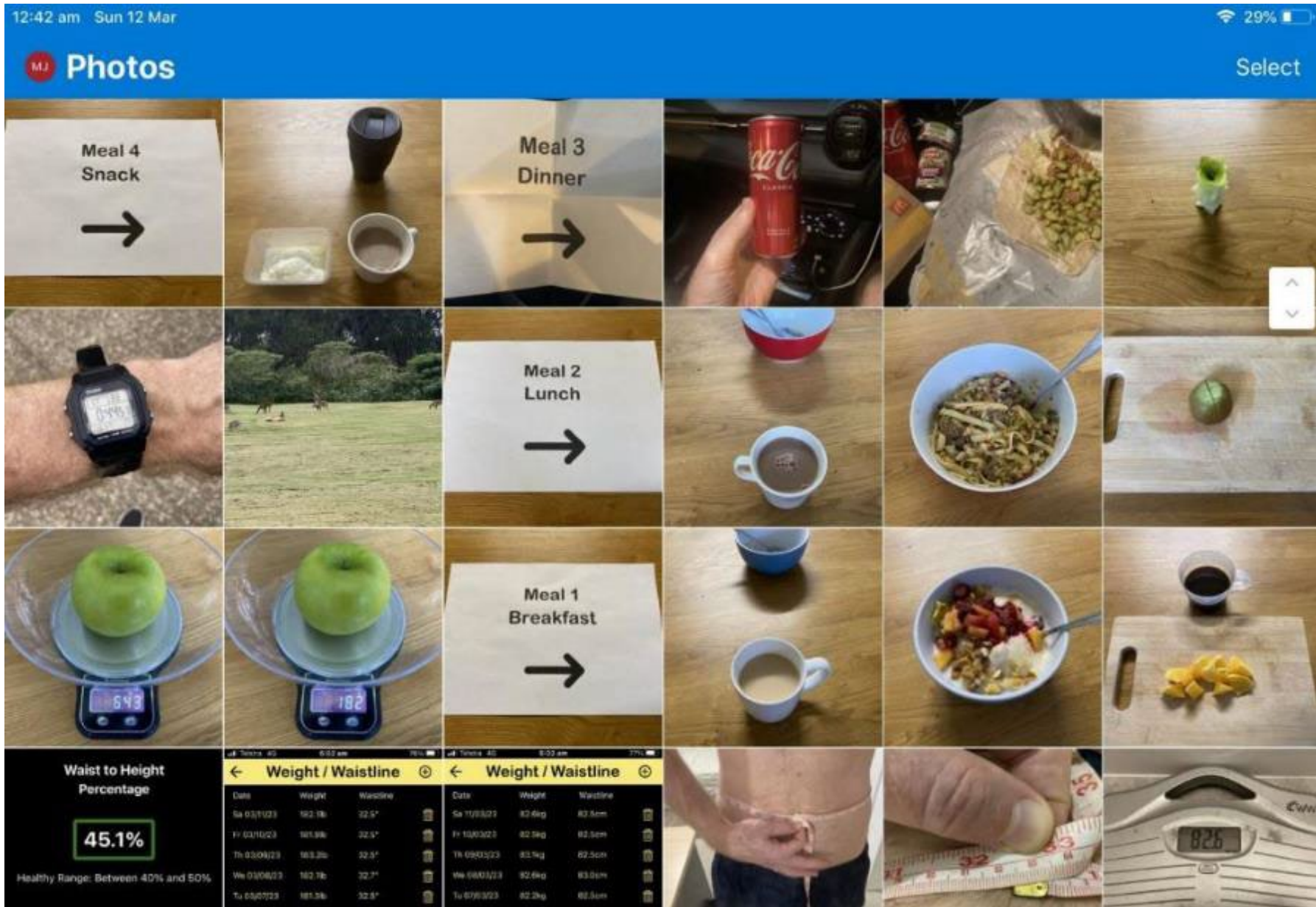


Day / Date / Time of Measurements: Sunday, March 12th, 7.50am
 Note: ... it's the only dashboard reading I've included in this picture book, and I wanted it to be significant, I think the maximum number of-

Pounds / Inches: 180.8 lbs / 32.3 in
 Kilograms / Centimetres: 82 kgs / 82 cm
 -meals I've had in any one day, including snacks is 7 or 8, so I want you...

Improvement After Movement

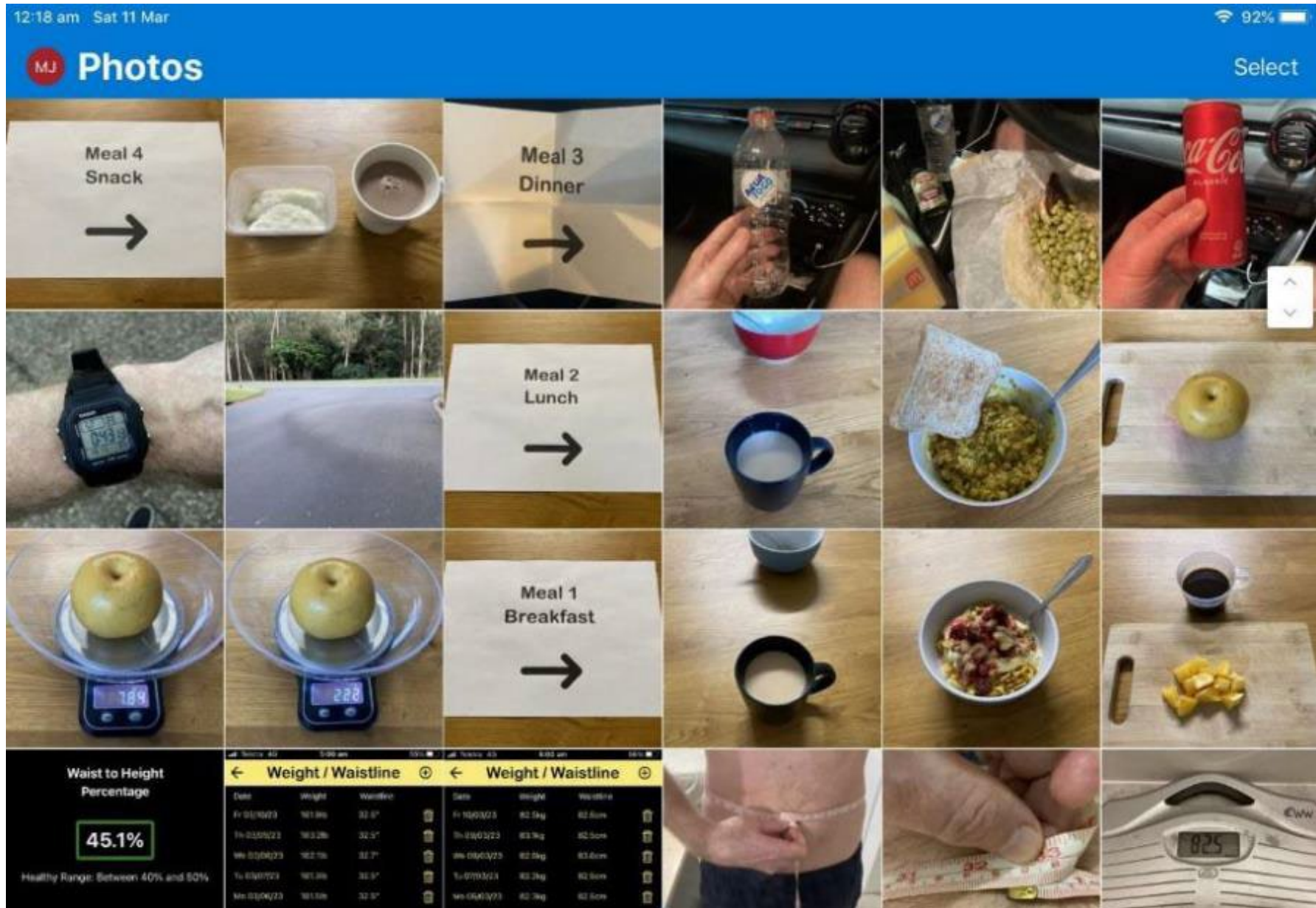
How To Get To Q1 Waist to Height (WtH)



| | |
|---|--|
| Day / Date / Time of Measurements: Saturday, March 11th, 6am | Pounds / Inches: 182.1 lbs / 32.5 in |
| Note: to understand that when it comes to the word Banting in Banting.com, finding William's consistent weight loss or waist loss speed | Kilograms / Centimetres: 82.6 kgs / 82.5 cm |
| | > Banting Balance , that's what I think is the most important part of it. |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

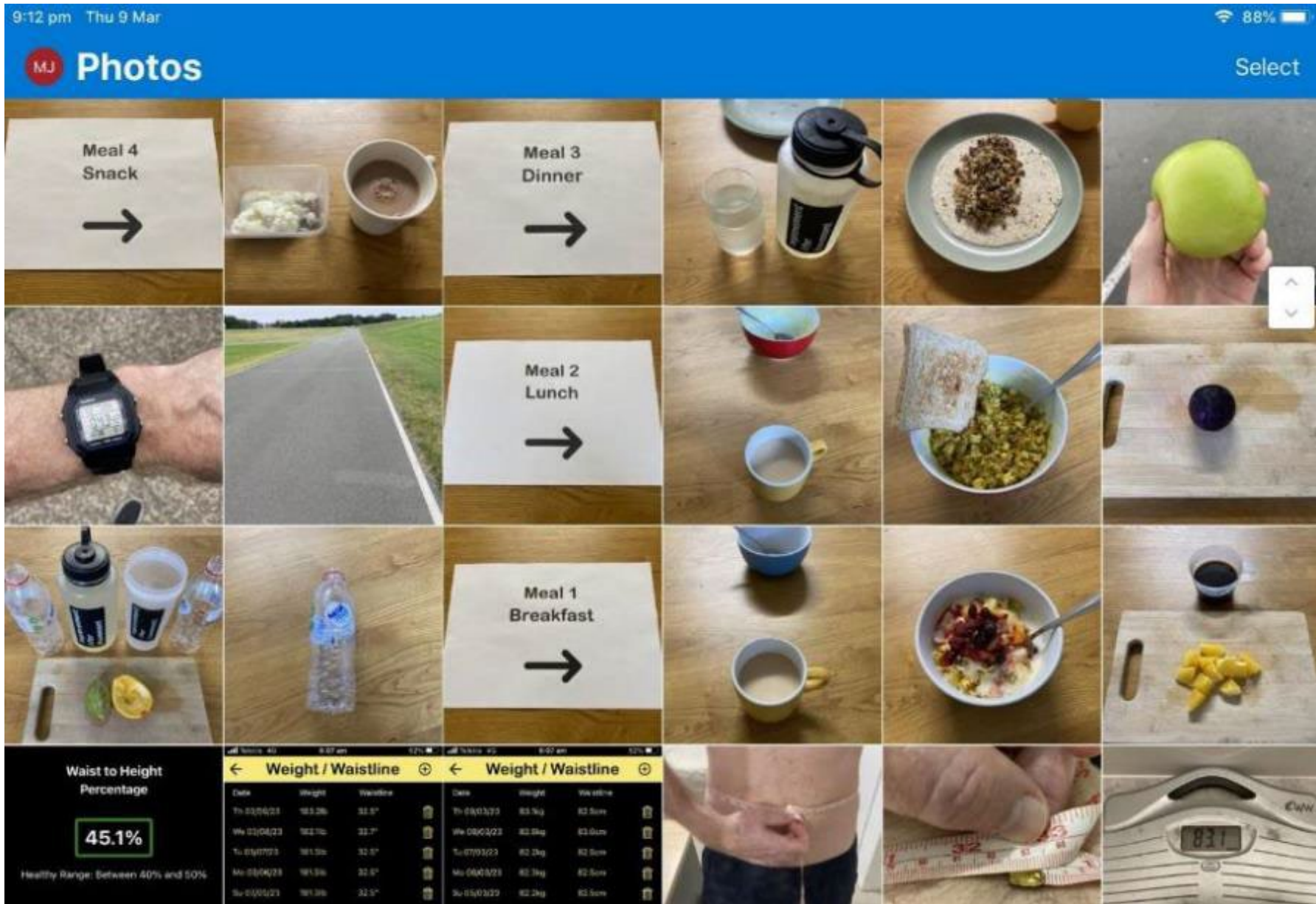


Day / Date / Time of Measurements: Friday, March 10th, 4.55am
 Note: If you see the edge of my shoe in at the bottom of a stopwatch photo in these early photos, it means I've been walking, it had been-

Pounds / Inches: 181.9 lbs / 32.5 in
 Kilograms / Centimetres: 82.5 kgs / 82.5 cm
 -raining a bit this day so didn't want to go too far from home, this is ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

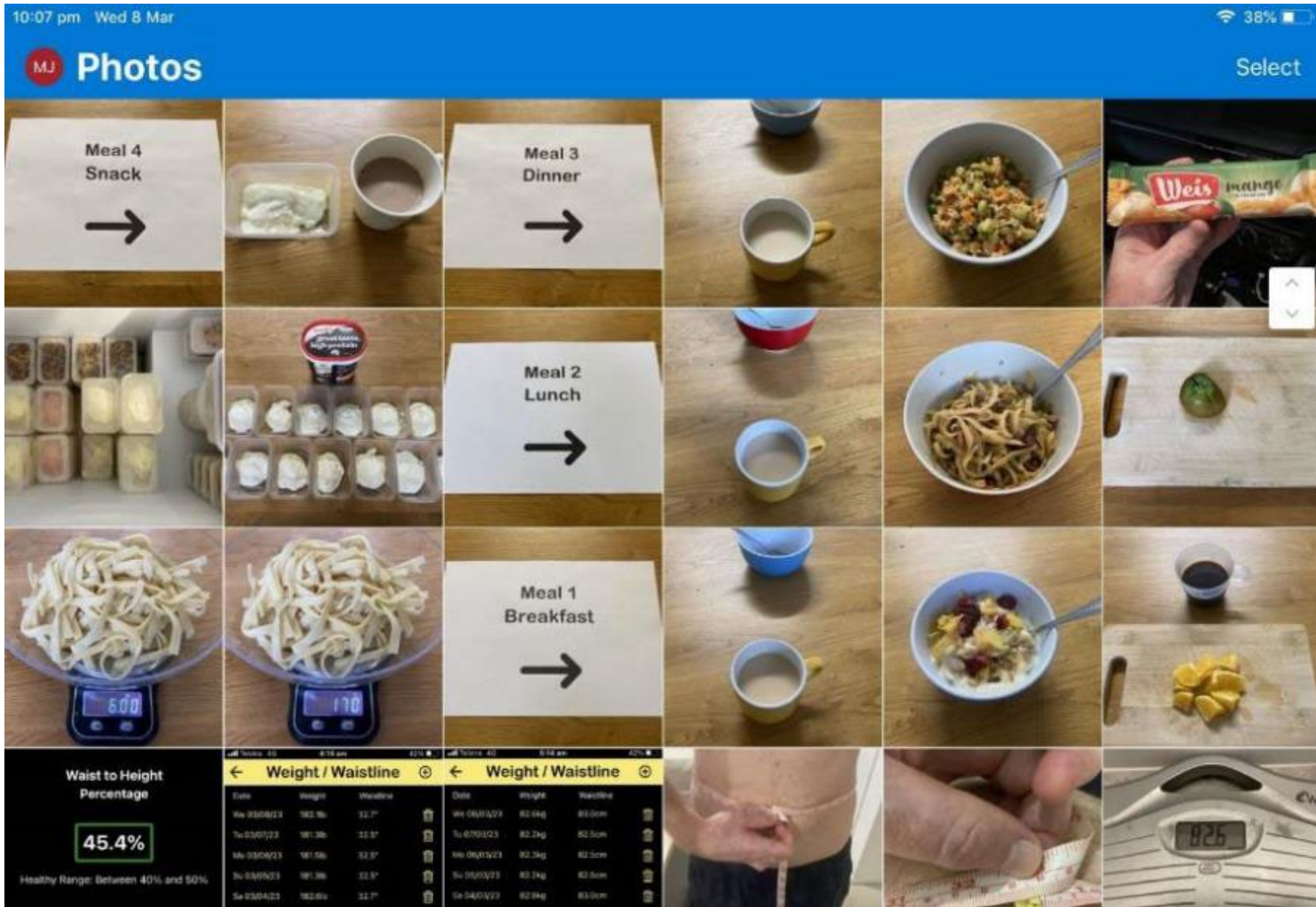


Day / Date / Time of Measurements: Thursday, March 9th, 6.05am
 Note: ... walking round the block. Was still learning how to take a photo of my stopwatch with good lighting. Apples were a re-introduction to-

Pounds / Inches: 183.2 lbs / 32.5 in
 Kilograms / Centimetres: 83.1 kgs / 82.5 cm
 -my dietary system for me, I went years without eating an apple.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

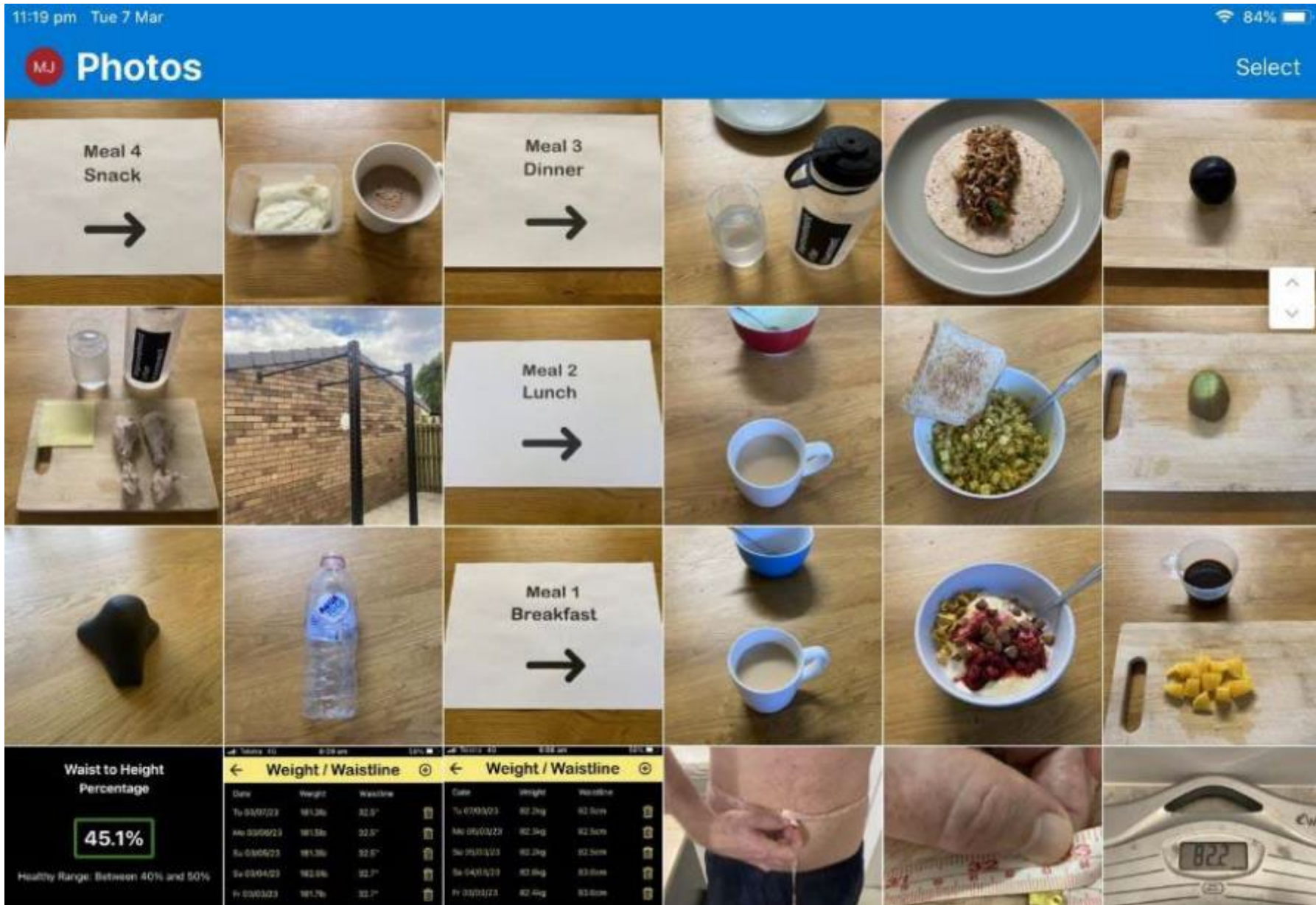


Day / Date / Time of Measurements: Wednesday, March 8th, 6.10am
 Note: Kiwi fruit, oranges, grapefruit, all these fruits preserve so well in the fridge after parts of them have been cut, With the apple, I wrap the-

Pounds / Inches: 182.1 lbs / 32.7 in
 Kilograms / Centimetres: 82.6 kgs / 83 cm
 -other half in a plastic bag and when I eat it the next day, I simply cut ...

Improvement After Movement

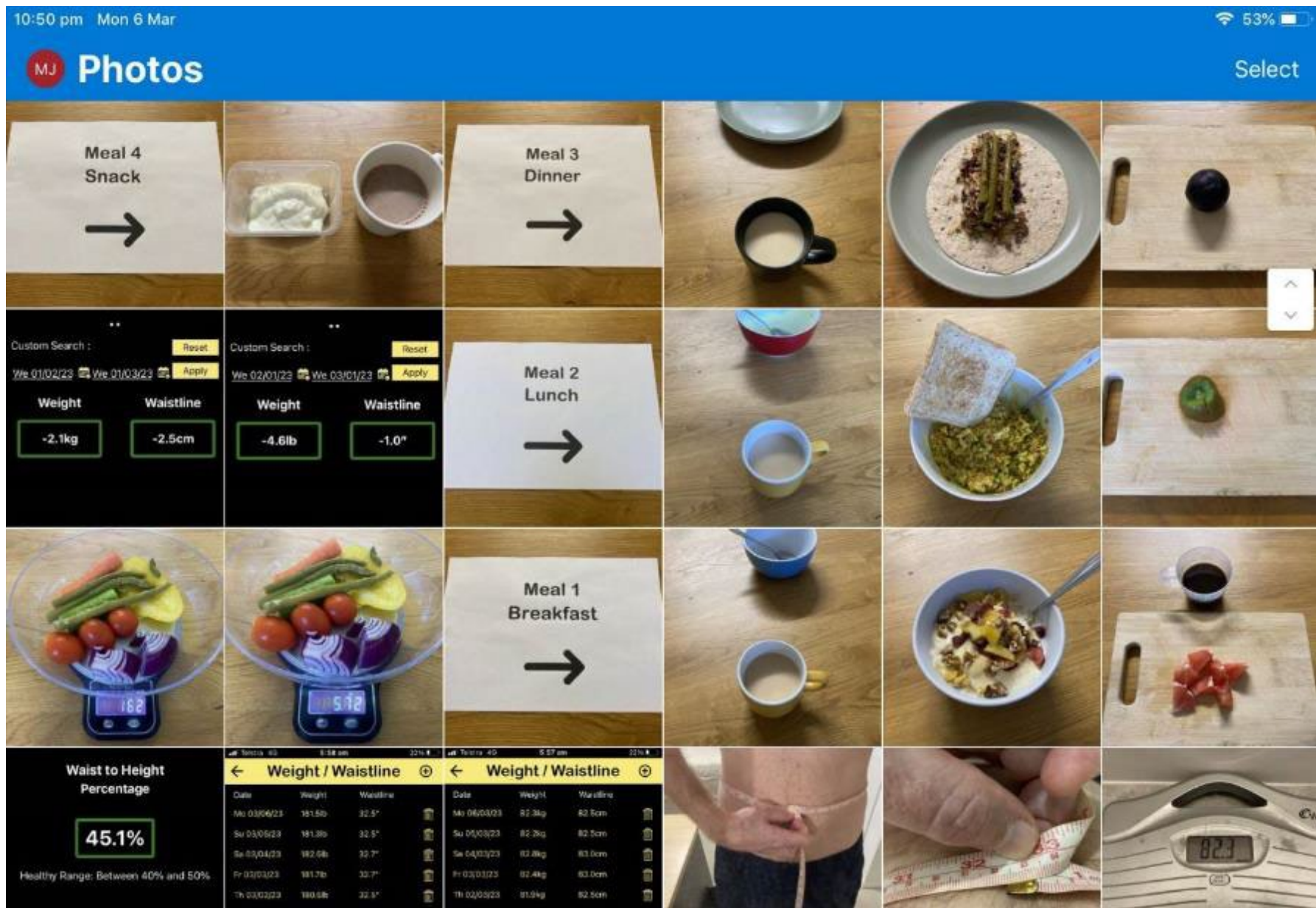
How To Get To Q1 Waist to Height (WtH)



| | |
|---|--|
| Day / Date / Time of Measurements: Tuesday, March 7th, 6.05am | Pounds / Inches: 181.3 lbs / 32.5 in |
| Note: it in two pieces, then finely cut away the exposed edge, and it tastes just like the first half did the day before. The chicken and cheese- | Kilograms / Centimetres: 82.2 kgs / 82.5 cm |
| | -was my protein intake after this strength session, about 30g Protein. |

Improvement After Movement

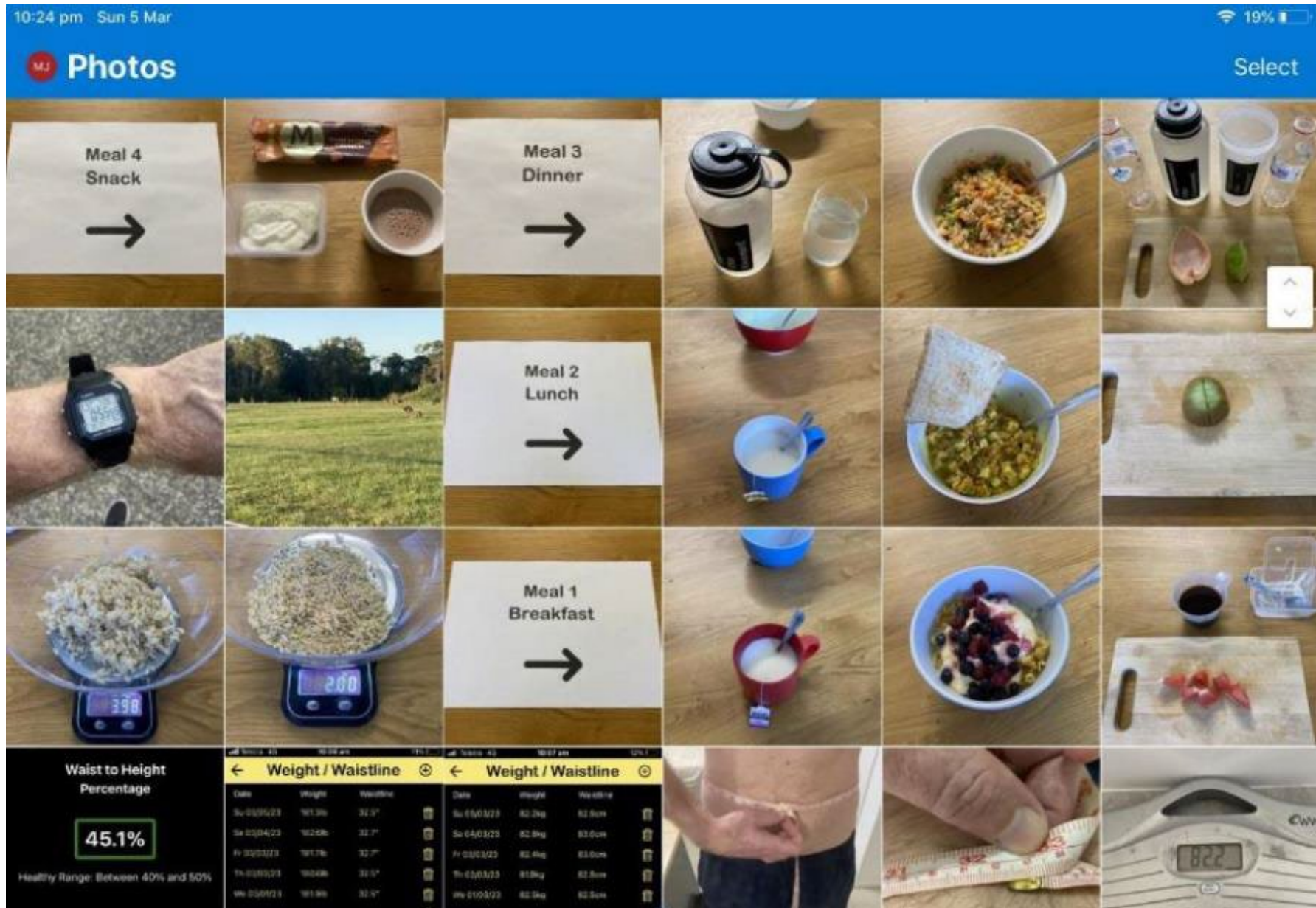
How To Get To Q1 Waist to Height (WtH)



| | |
|---|--|
| Day / Date / Time of Measurements: Monday, March 6th, 5.55am | Pounds / Inches: 181.5 lbs / 32.5 in |
| Note: 75 grams (2.6 oz) total weight is one serving of veggies in the Food Guide Pyramid, so this is about 2 servings of veggies that went into my- | Kilograms / Centimetres: 82.3 kgs / 82.5 cm |
| | -bowl of Veggs with the ease of a pull chopper, (great invention). |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

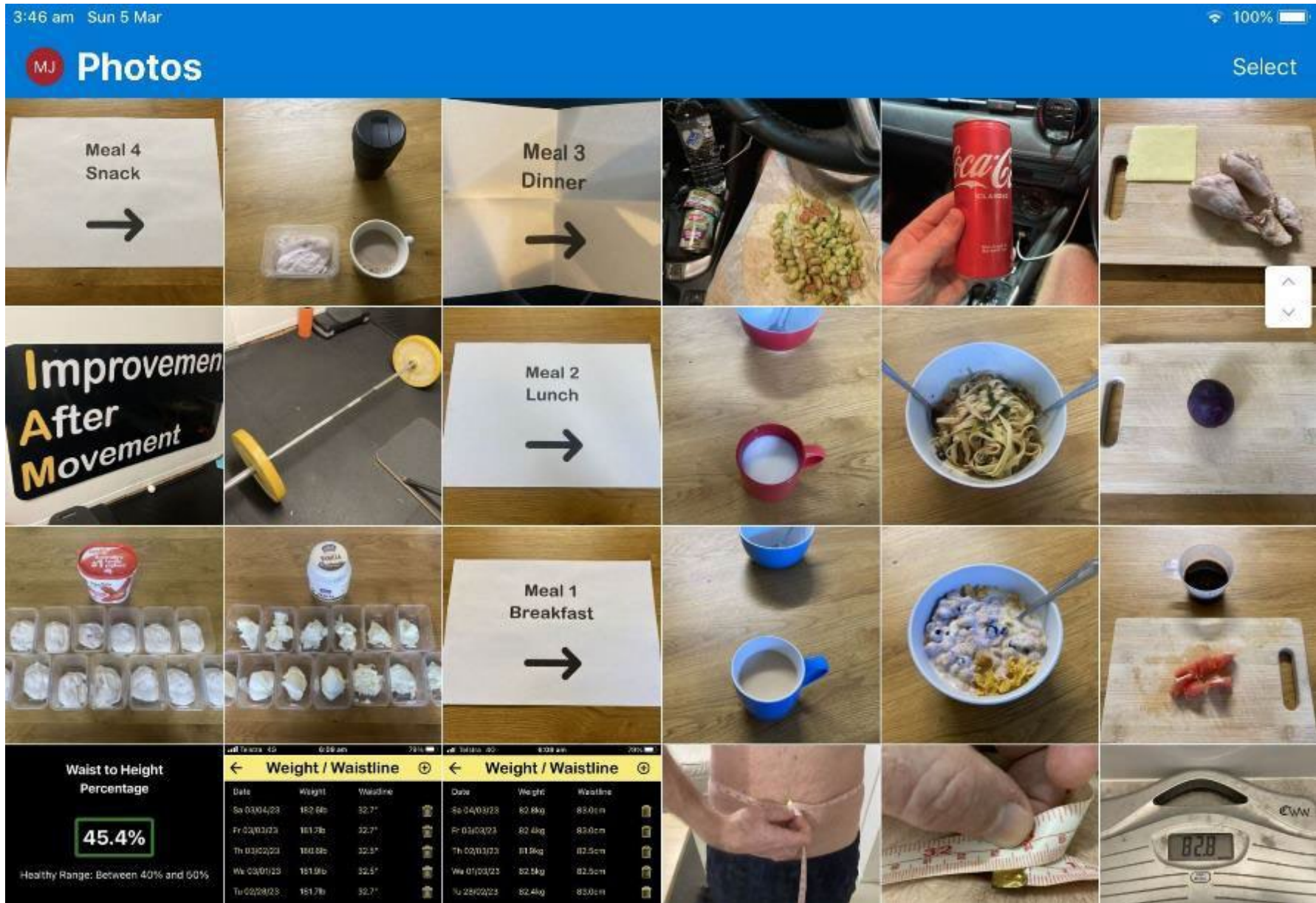


Day / Date / Time of Measurements: Sunday, March 5th, 10.05am
 Note: The rice I eat in Australia almost doubled like clockwork after cooking for the same amount of time in my microwave, 200 grams-

Pounds / Inches: 181.3 lbs / 32.5 in
 Kilograms / Centimetres: 82.2 kgs / 82.5 cm
 -uncooked would result in close to 400 grams cooked / strained weight.

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

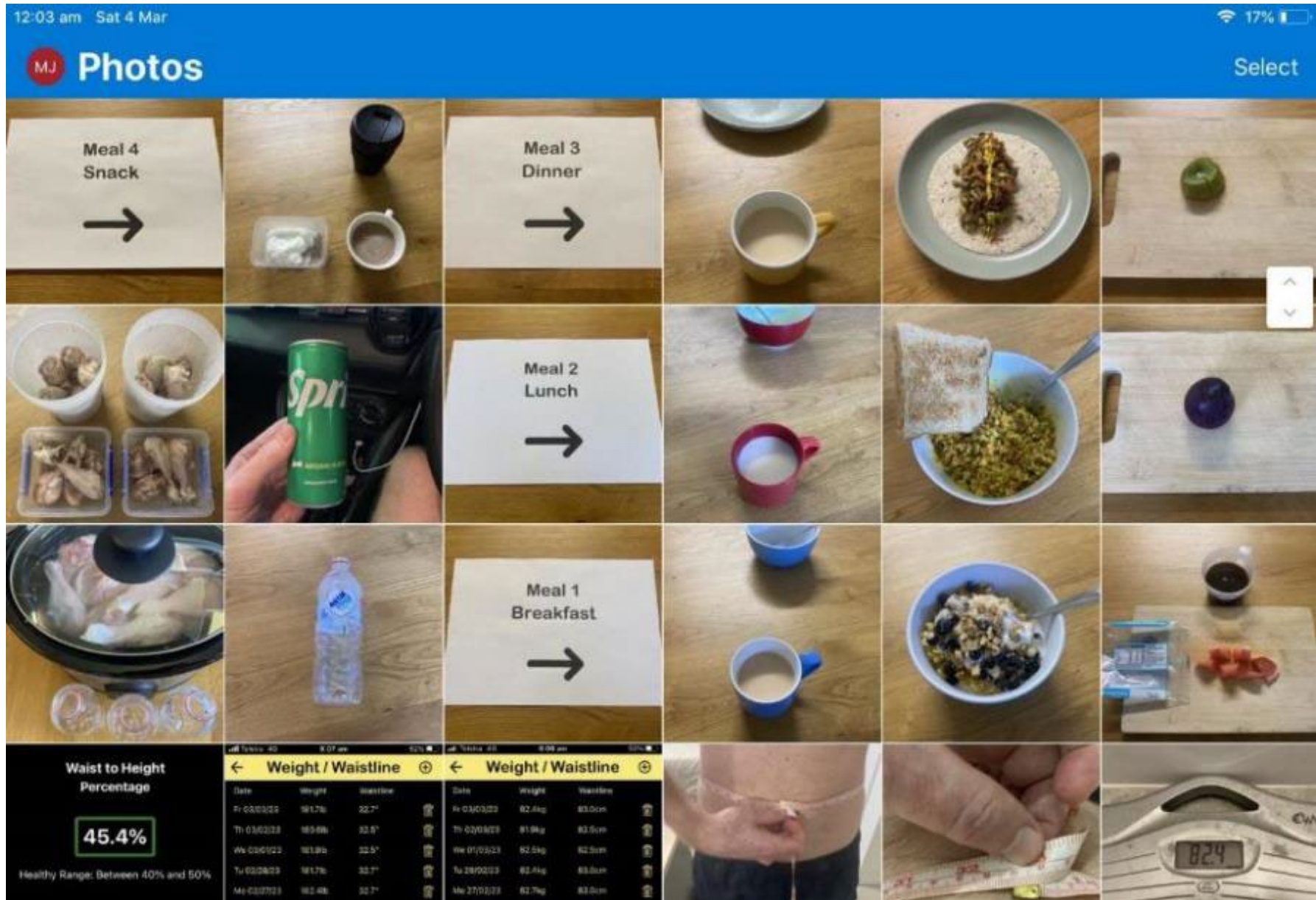


Day / Date / Time of Measurements: Saturday, March 4th, 6.05am
 Note: You'll see the water bottle in the background of my meal 3
 McDonald's wrap dinner, that can of 250 ml (8.5 oz) Coke was drunk-

Pounds / Inches: 182.6 lbs / 32.7 in
 Kilograms / Centimetres: 82.8 kgs / 83 cm
 -prior to the meal.

Improvement After Movement

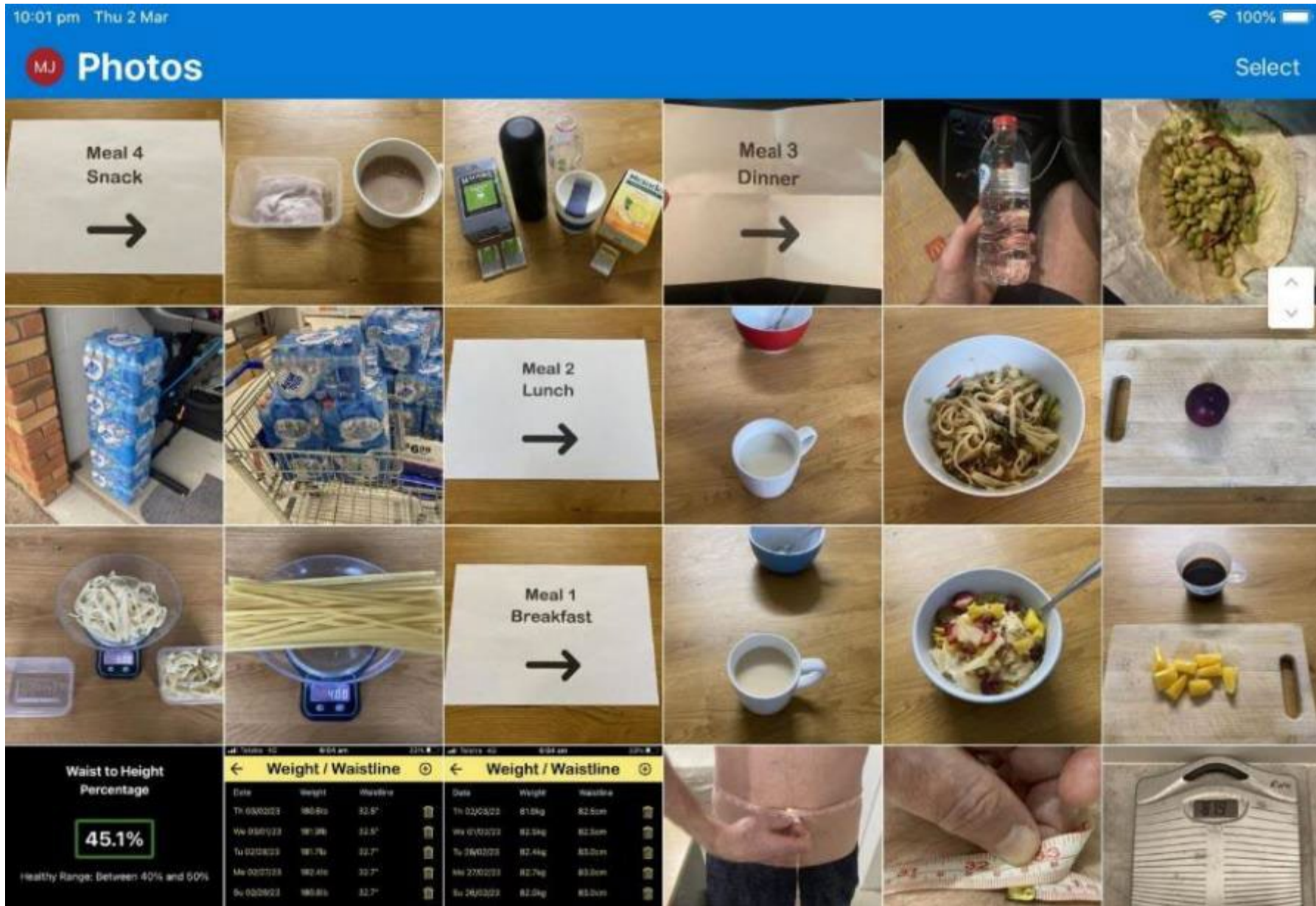
How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Friday, March 3rd, 6.05am
 Note: I was really surprised to see that in America both Coke and Sprite have the same number of Calories in their cans, where in Australia,-
 Pounds / Inches: 181.7 lbs / 32.7 in
 Kilograms / Centimetres: 82.4 kgs / 83 cm
 -a skinny Coke can has 108 Calories and a skinny Sprite can has 72 Cals.

Improvement After Movement

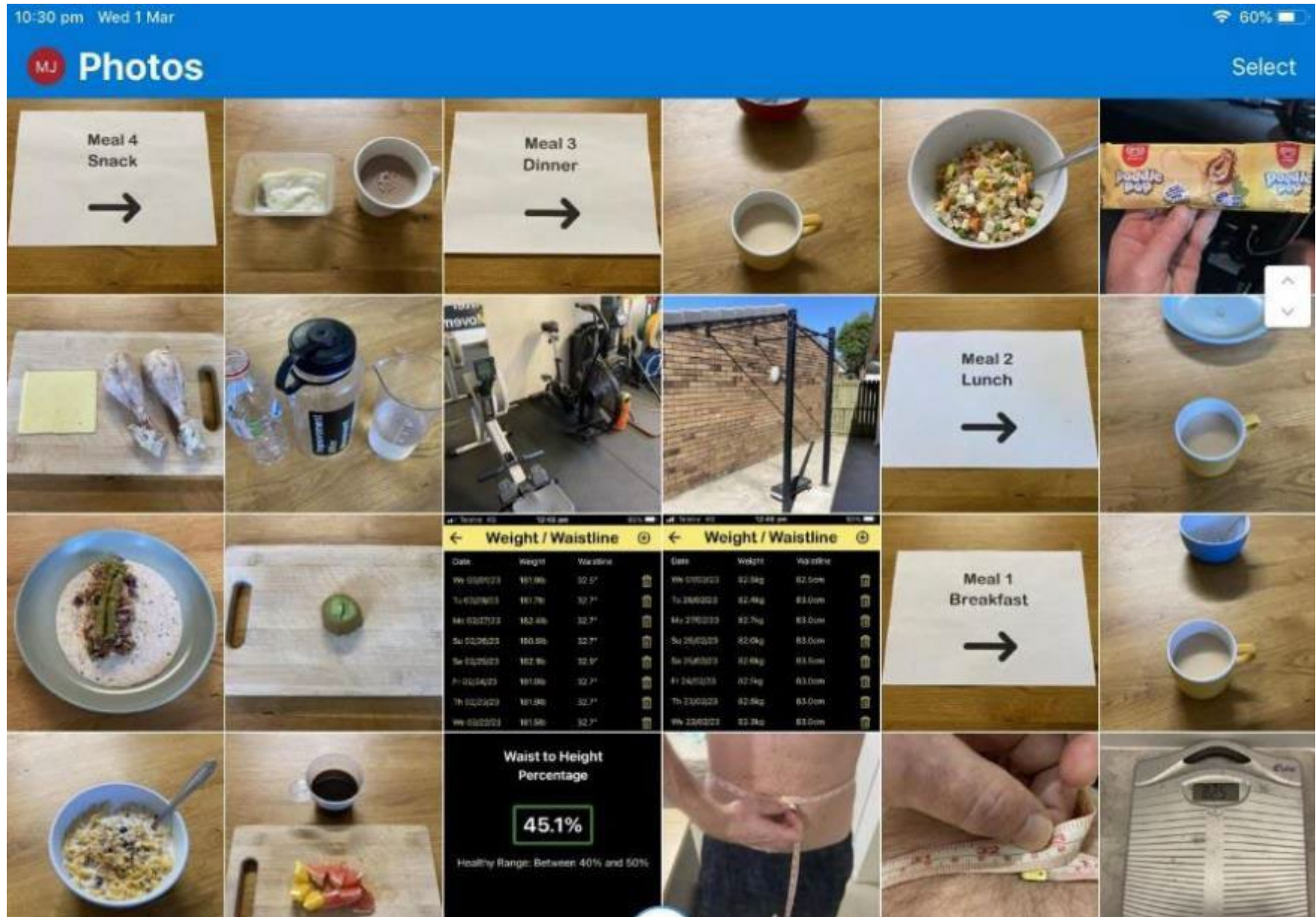
How To Get To Q1 Waist to Height (WtH)



| | |
|--|---|
| Day / Date / Time of Measurements: Thursday, March 2nd, 6am | Pounds / Inches: 180.6 lbs / 32.5 in |
| Note: With rice I found it easier to measure in grams, but with pasta I found it easier to measure in ounces, rice doubles, pasta triples, 4 oz- | Kilograms / Centimetres: 81.9 kgs / 82.5 cm |
| | -uncooked would result in 12 oz cooked, 1 oz uncooked is 1 serving of ... |

Improvement After Movement

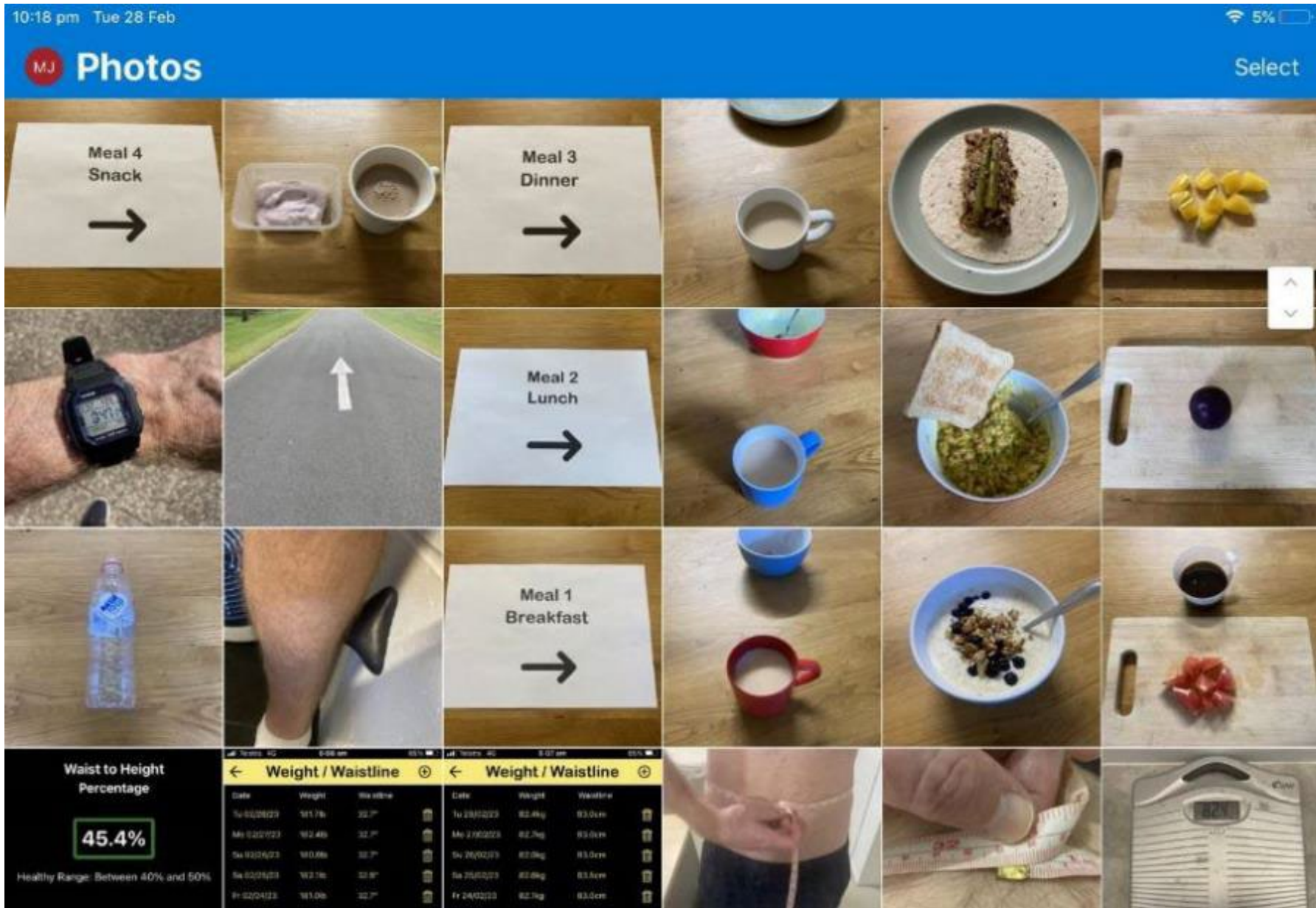
How To Get To Q1 Waist to Height (WtH)



| | |
|--|--|
| Day / Date / Time of Measurements: Wednesday, March 1st, 5.55am | Pounds / Inches: 181.9 lbs / 32.5 in |
| Note: ...grains in the Food Guide Pyramid, so splitting that total 12 oz cooked weight pasta into 2 containers means that each of those- | Kilograms / Centimetres: 82.5 kgs / 82.5 cm |
| | -containers are 2 servings of grains in the Food Guide Pyramid. As you ... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

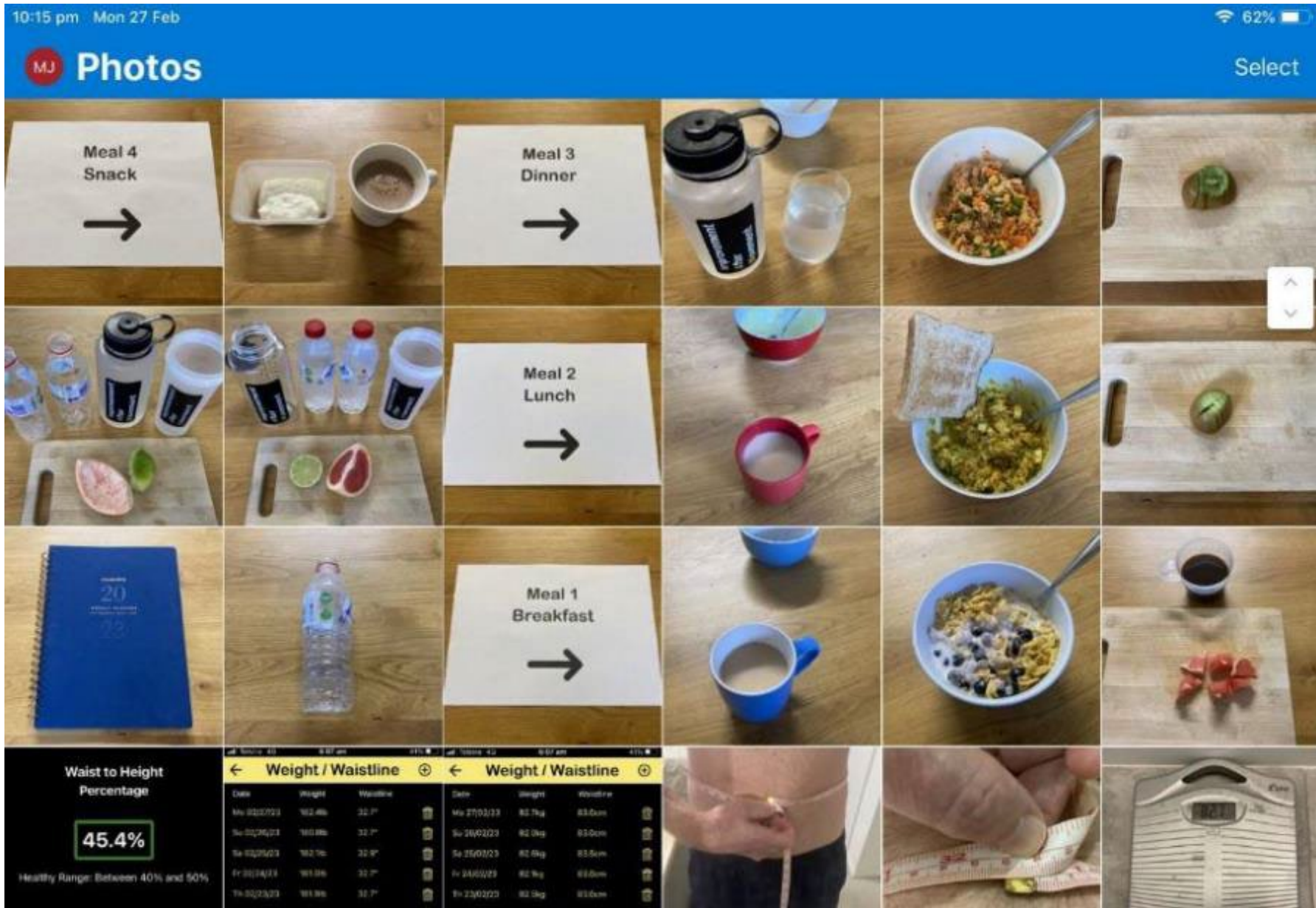


Day / Date / Time of Measurements: Tuesday, February 28th, 6.05am
 Note: ...can see in my current recent photo, for example, August 17, I now split 4 oz of uncooked pasta into 4 separate containers after-

Pounds / Inches: 181.7 lbs / 32.7 in
 Kilograms / Centimetres: 82.4 kgs / 83 cm
 -cooking, I think I've got one more adjustment to make with my pasta ...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

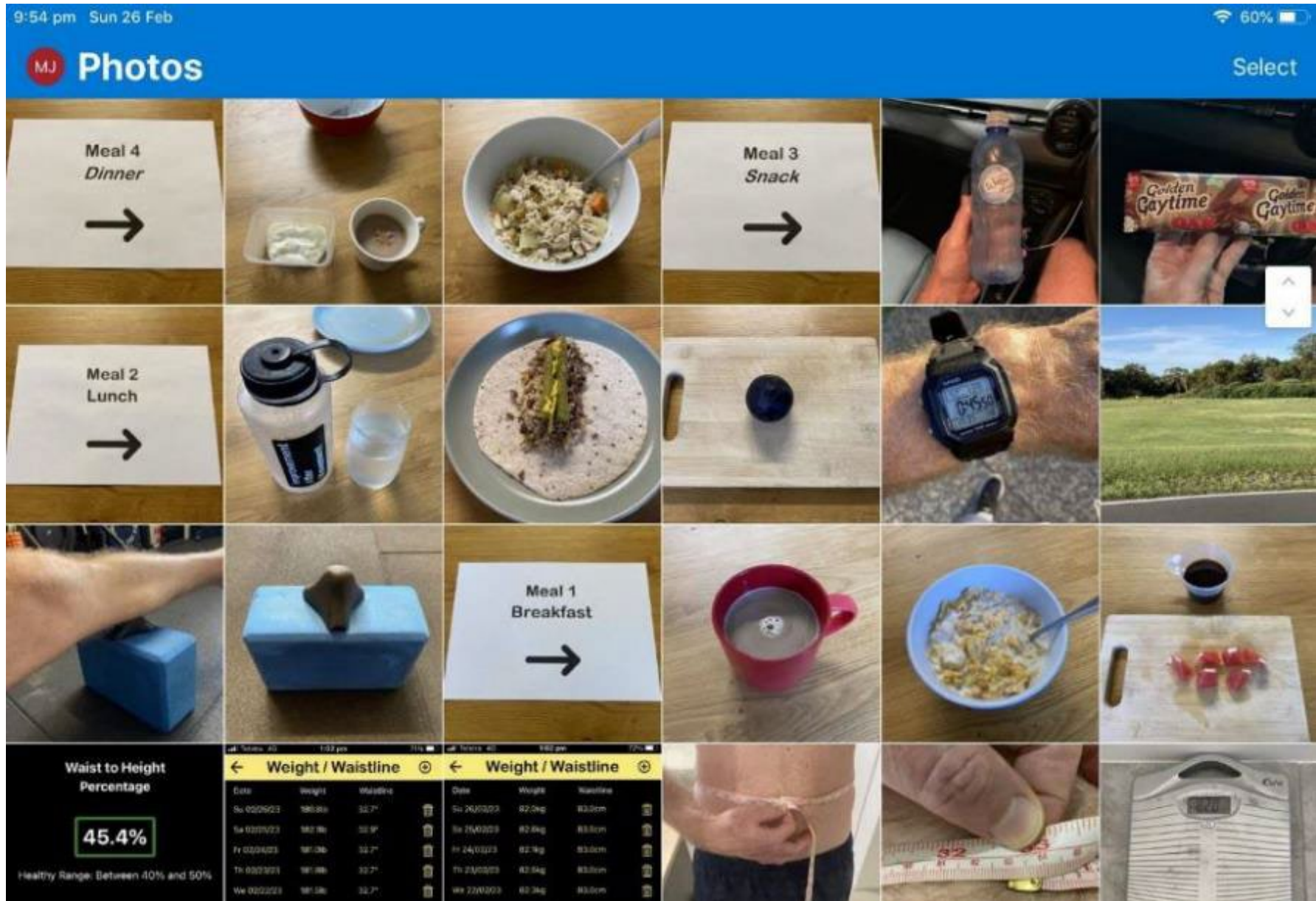


Day / Date / Time of Measurements: Monday, February 27th, 6.05am
 Note: ... setup and that's to meet 2 and 4 containers in the middle and have 4 oz uncooked pasta make 3 containers of cooked pasta, which-

Pounds / Inches: 182.4 lbs / 32.7 in
 Kilograms / Centimetres: 82.7 kgs / 83 cm
 -would be 1.5 servings of grains in Food Guide Pyramid. The blue book ...

Improvement After Movement

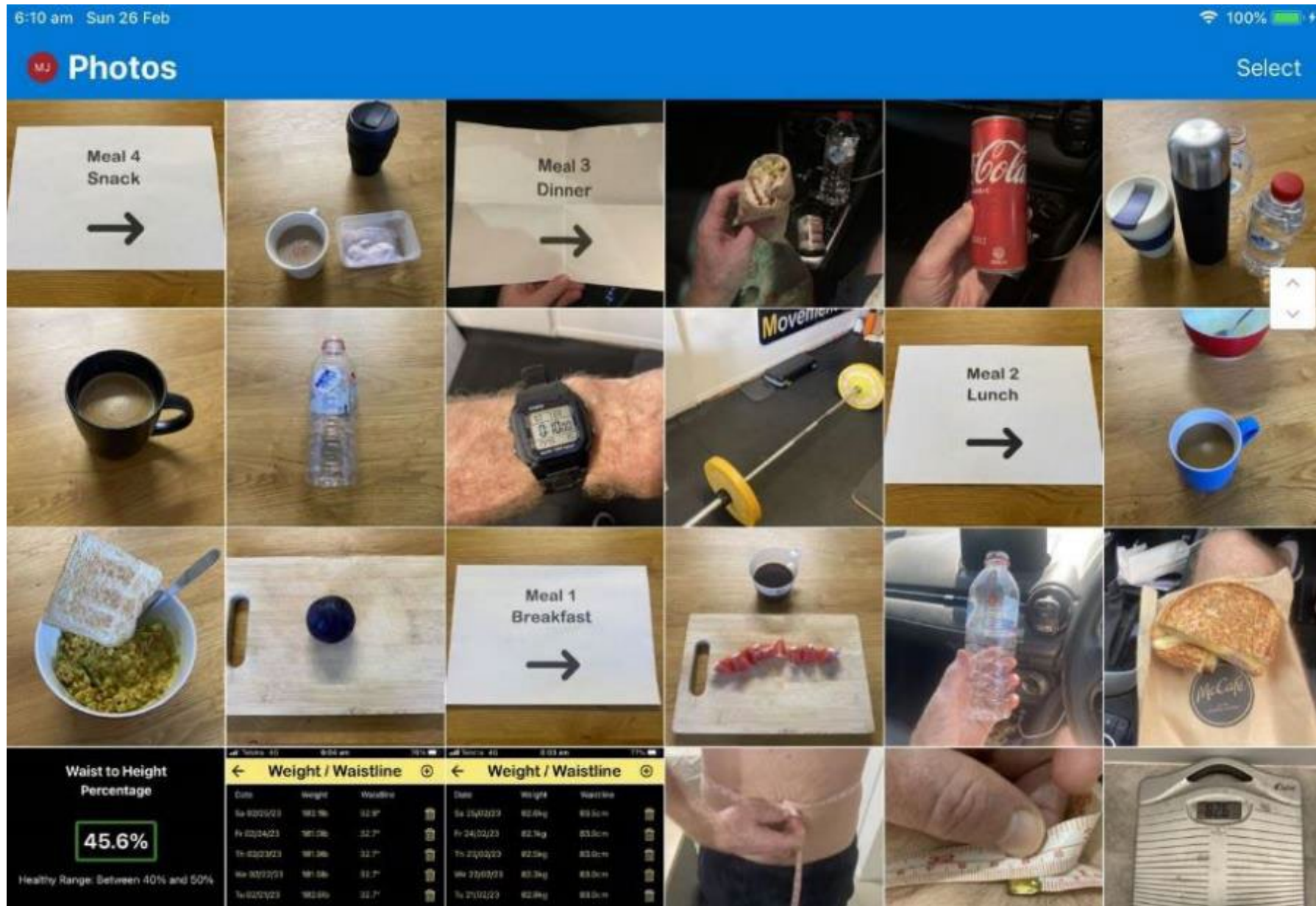
How To Get To Q1 Waist to Height (WtH)



| | |
|---|--|
| Day / Date / Time of Measurements: Sunday, February 26th, 1pm | Pounds / Inches: 180.8 lbs / 32.7 in |
| Note: ...above my Waist to Height % on the previous page has been such an important part of my road to Q1 (40 - 42.5%) WtH experience, the- | Kilograms / Centimetres: 82 kgs / 83 cm |
| | -monthly view and daily more detailed notes, along with the Weight / ... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

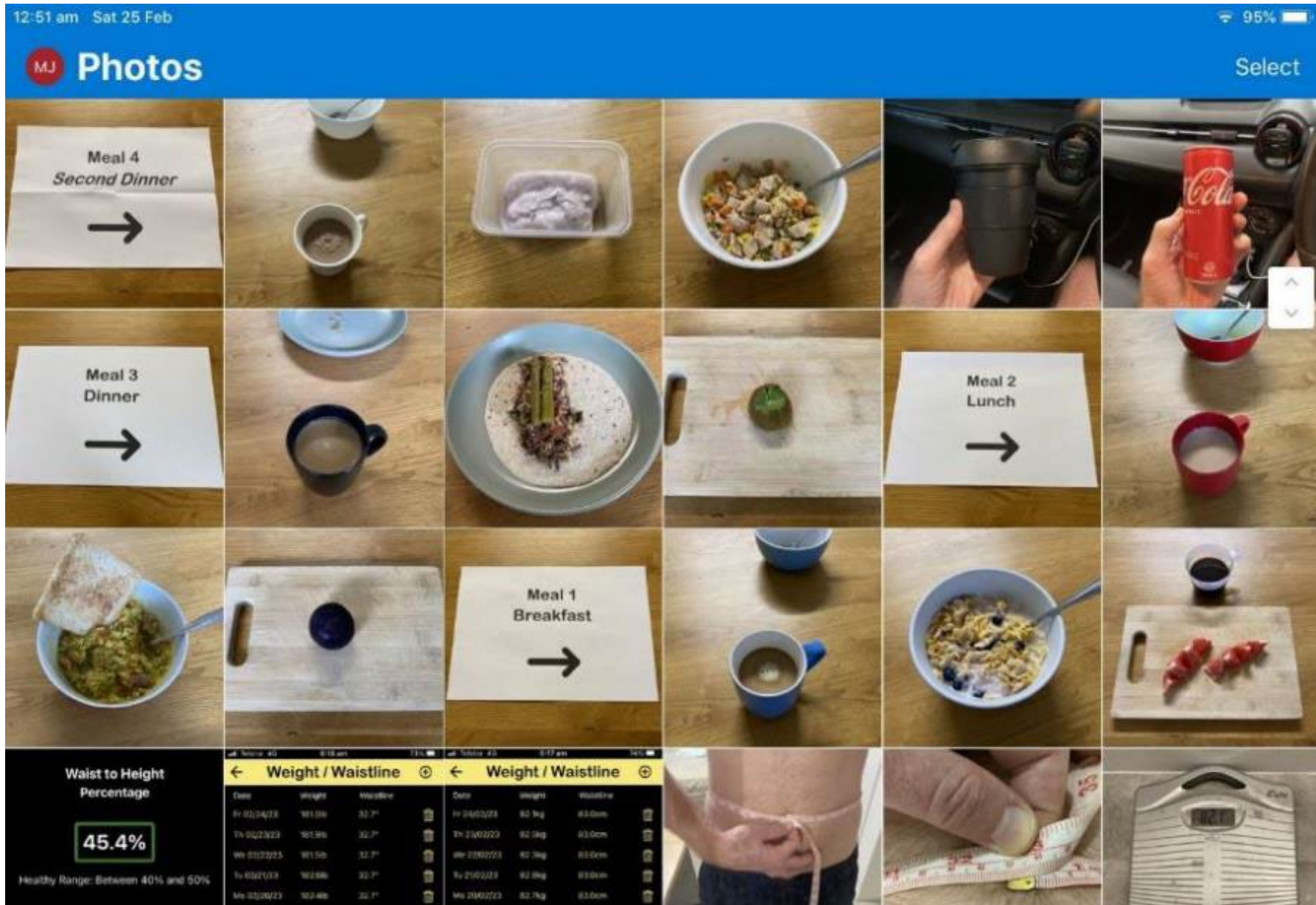


Day / Date / Time of Measurements: Saturday, February 25th, 6am
 Note: ... Waistline app screen, letting me and you see my daily body variations, along with Custom Search periods, are all so valuable. As-

Pounds / Inches: 182.1 lbs / 32.9 in
 Kilograms / Centimetres: 82.6 kgs / 83.5 cm
 -you've seen, it wasn't a straight decent, there were obstacles, hurdles...

Improvement After Movement

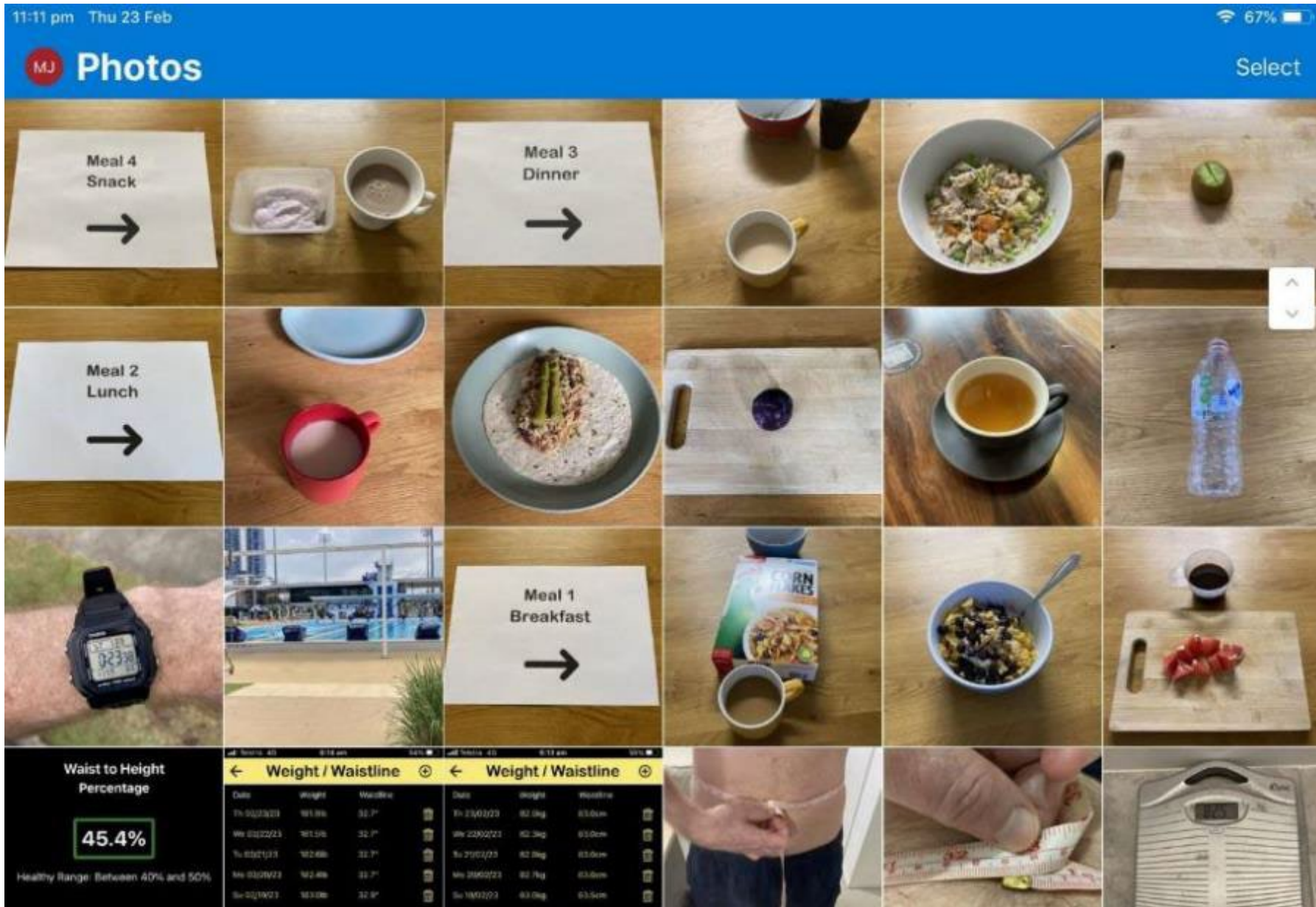
How To Get To Q1 Waist to Height (WtH)



| | |
|--|--|
| Day / Date / Time of Measurements: Friday, February 24th, 6.15am | Pounds / Inches: 181 lbs / 32.7 in |
| Note: turbulence, (whatever you want to call them) I had to navigate through in order to proceed healthily and truthfully to the next Q WTH- | Kilograms / Centimetres: 82.1 kgs / 83 cm |
| | -stage. For reference, the 45.4% WTH on this page would be Q3. |

Improvement After Movement

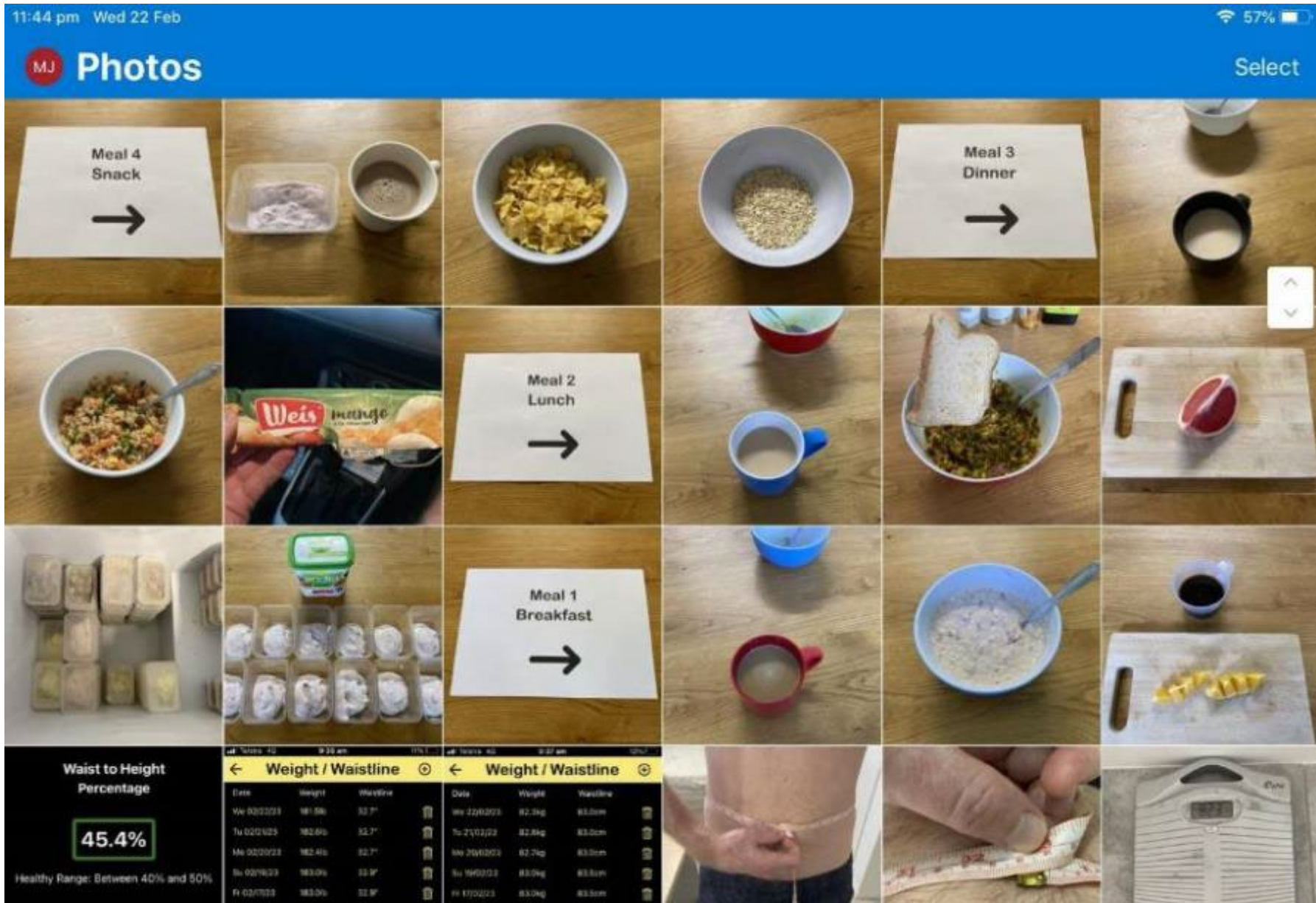
How To Get To Q1 Waist to Height (WtH)



| | |
|---|--|
| Day / Date / Time of Measurements: Thursday, February 23 rd , 6.10am | Pounds / Inches: 181.9 lbs / 32.7 in |
| Note: Reintroducing Corn Flakes back into my life has been so good, I simply eat them now in a different way to how I used to eat them, with- | Kilograms / Centimetres: 82.5 kgs / 83 cm |
| | -just milk and 2 heaped tablespoons of sugar. As you'll see at the top ... |

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

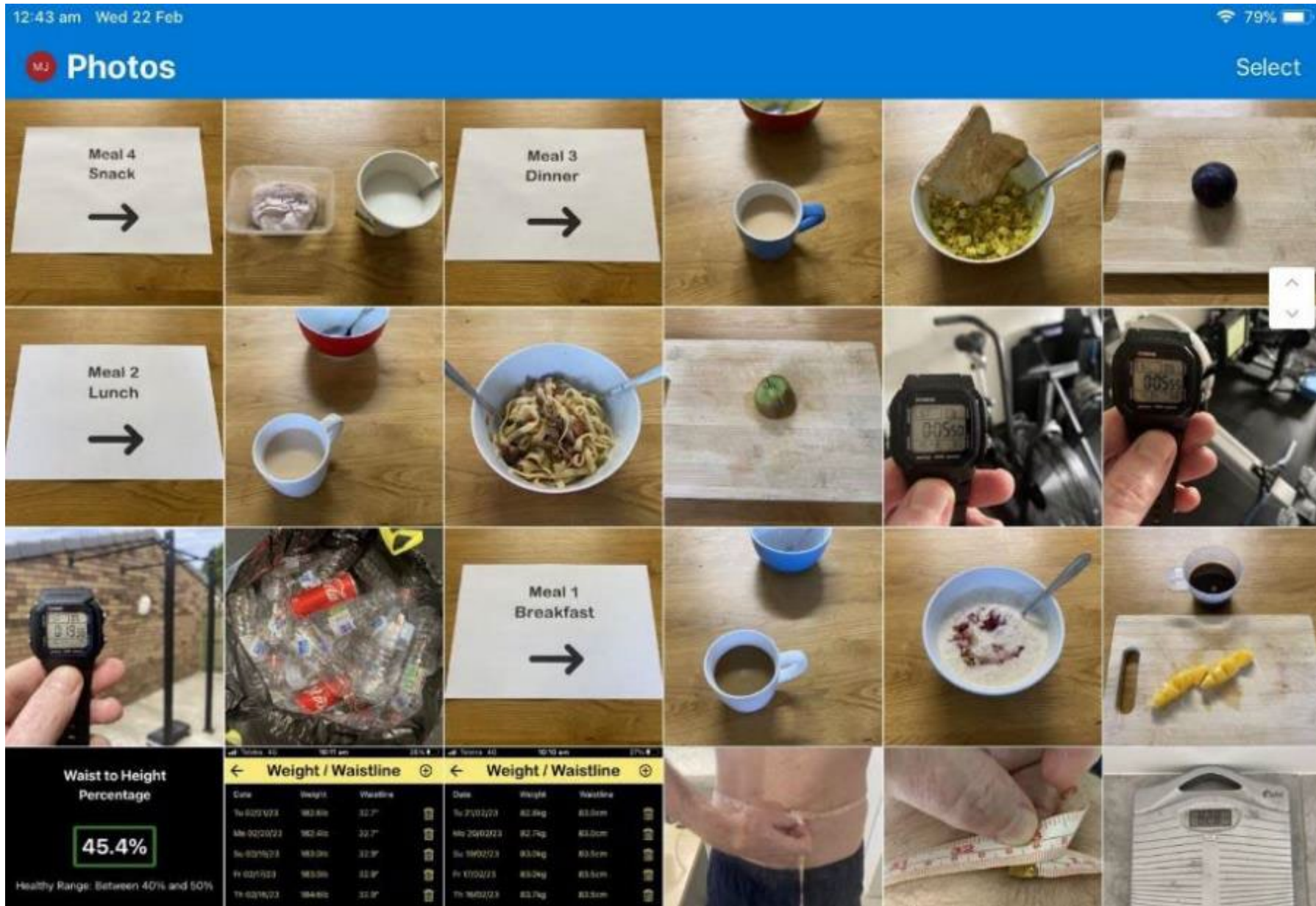


Day / Date / Time of Measurements: Wednesday, February 22nd, 9.35am
 Note: ...of this page, I first have some Quick Oats at the base of my bowl, cook it up, then add yoghurt, flaxseed oil, then add a cup of Corn Flakes-

Pounds / Inches: 181.5 lbs / 32.7 in
 Kilograms / Centimetres: 82.3 kgs / 83 cm
 -on top, then I add some walnuts or almonds and some fruit, one fruit...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

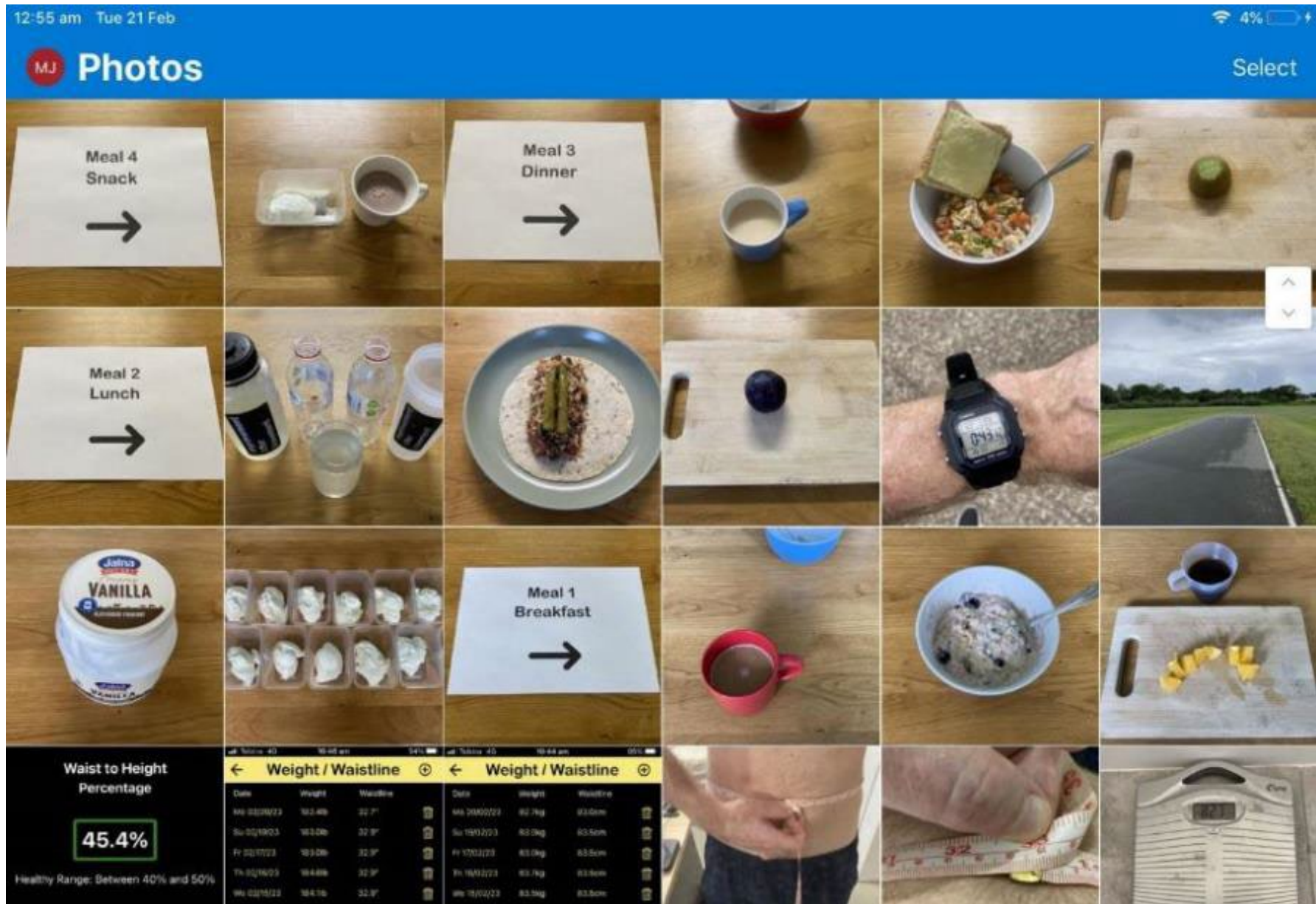


Day / Date / Time of Measurements: Tuesday, February 21st, 10.05am
 Note: ...that is always included are blueberries, then it's a variation of fruit, be it banana pieces or other mixed fruit combinations from the-

Pounds / Inches: 182.6 lbs / 32.7 in
 Kilograms / Centimetres: 82.8 kgs / 83 cm
 -freezer, the milk I add now is watered down milk, that might sound...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)

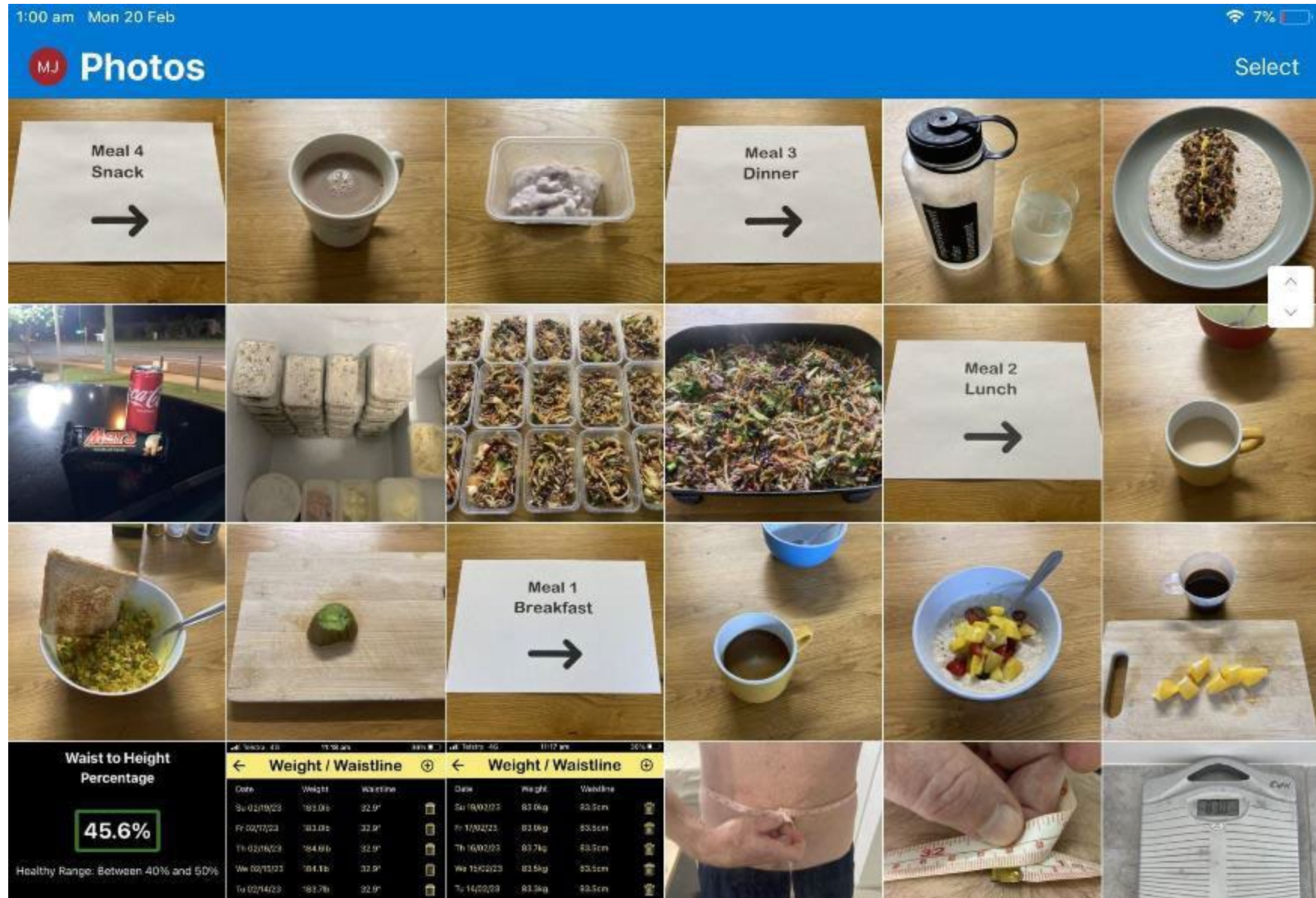


Day / Date / Time of Measurements: Monday, February 20th, 10.40am
 Note: ...strange to hear but with the yoghurt combination I like, that I've already mixed into the oats, it tastes so good, and I add 2g (1/2 tspn)-

Pounds / Inches: 182.4 lbs / 32.7 in
 Kilograms / Centimetres: 82.7 kgs / 83 cm
 -levelled to the top of my cereal, I can honestly say that look forward to...

Improvement After Movement

How To Get To Q1 Waist to Height (WtH)



Day / Date / Time of Measurements: Sunday, February 19th, 11.15am
 Notes: ...eating each of my meals, which is one undeniable requirement in a sustainable weight loss dietary system, it has to be delicious or the person is just not going to stick to it. (Soft drink 2 of 2 + Weekend treat)

Improvement After Movement