

# TRACKING CHECKLIST

- How have you been weighing your food?  
Have you been weighing everything in grams or ounces?
- Do your food entries seem accurate?  
Check that all entries have all 3 macros listed and that the macros listed make sense.
- Are you tracking oils and butter that you add when cooking?
- Are you tracking all bites of food?  
Yes, even those little ones while you cook or clear the table count!
- Are you logging alcohol using one of the Stronger U entries?  
You can find guidance about the how's and why's of tracking alcohol inside our [Alcohol](#) Guide)
- Do you double-check that every item you scan in matches what it says on the food label? This is a good practice

