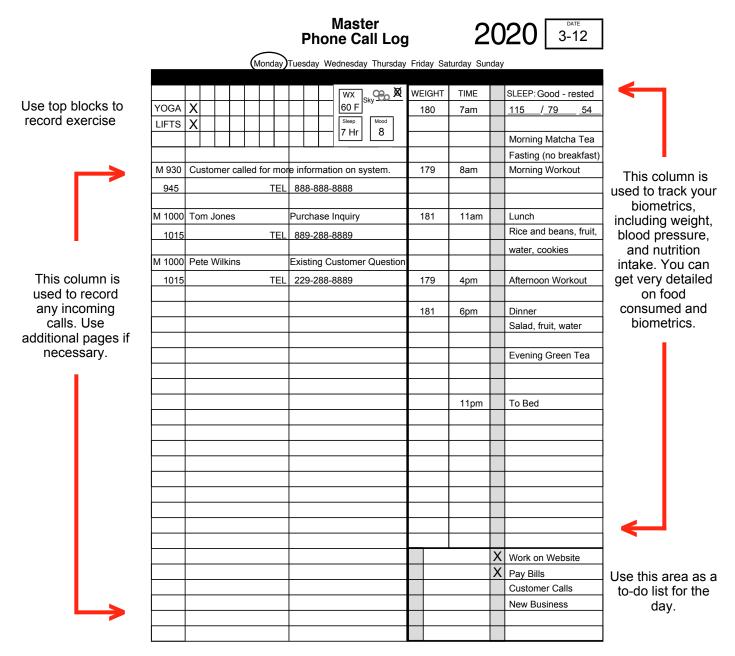
HOW TO USE CALL LOG

For clarity, information has been typed in.

Goal: The goal of the log is to write down your daily activities, including a list of calls, exercise, meals, drinks, weight, weather, mood, and blood pressure. This allows you to track trends, and drill down on success, while analyzing low days (to make them better in the future). It also allows you to track success of weight loss or nutrition experiments. More important, you can look back in the past and identify routines that work well. At the end of the month scan into one .pdf file, then shred logs. Digital assets are easy to store.



This Form: This form has been developed over the past 10 years of use. It has gone through countless iterations and has evolved into a very efficient methodology of recording the days log. It is especially useful for self-employed or owner operated businesses. At the end of the month, the logs are scanned into one pdf file (save pdf file in several locations and then shred the paper logs to save space), and digitized so you can go back into history to see customer calls, or health data. It is a great way to streamline your daily activities and look-back easily and quickly. This method gives you a low footprint method to save large amounts of data digitally, while retraining the handwritten logs of incoming calls and daily events. The blank form is free. If you would like the original Filemaker file to adapt to your needs, please contact us.