WLF
WELLNESS
LIFESTYLE
FREEDOM

A FREE GUIDE FROM DR. COLTON PURSCELL

TRACK YOUR FOOD IN 90 SECONDS

Weigh your food for 14 days. See what you really eat.



DR. COLTON PURSCELL, DC, ON THE FLOOR AT WLF

INSIDE

1 You eat more than you think 2

2 All you need: 2 things 3

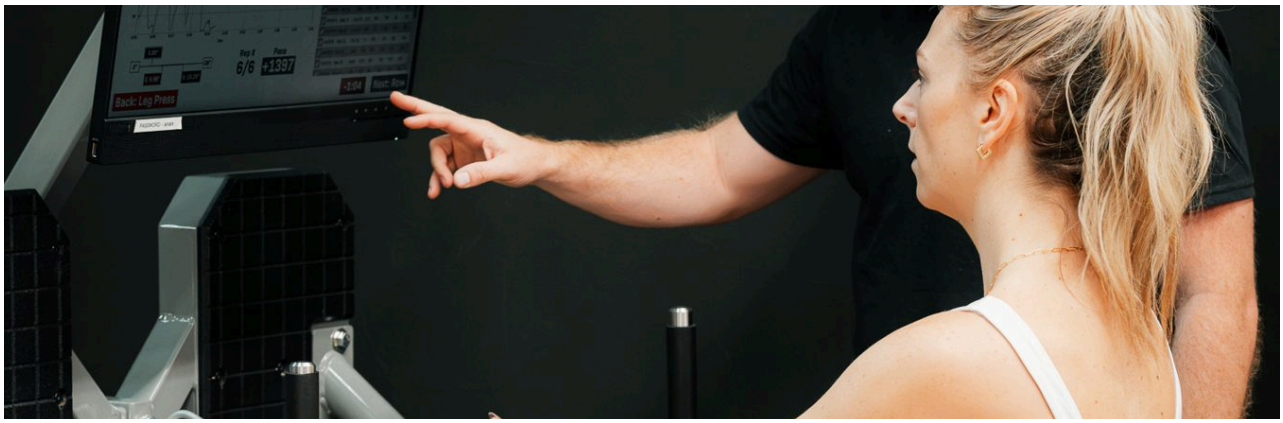
3 What to do at each meal 4

4 Day 15: what you learn 5

5 Come see us 6

Part

1 YOU EAT MORE THAN YOU THINK



WLF CLUB · 5724 W VICKERY BLVD, FORT WORTH

Most people have no idea how much they eat. Not because they are lying. Guessing is really hard.

> **YOUR EYES LIE TO YOU. THE SCALE NEVER DOES.**
>
> COLTON



A NOTE FROM COLTON

No diet. Nothing taken away. For 14 days you only measure.

"Macros" just means protein, carbs and fat. The app does the math.

Part 2

ALL YOU NEED: 2 THINGS



REAL WLF MEMBERS

1
A TRACKING APP

Any one you will actually open.

FREE ON YOUR PHONE

2
A FOOD SCALE

A small digital one that shows grams. Keep it on the kitchen counter.

COSTS LESS THAN LUNCH

What you do not need:

~~A meal plan~~ ~~A supplement~~ ~~A cheat day~~ ~~A new diet~~ ~~Willpower~~

NO SCALE YET?

Use your hand. A **palm** of protein, a **fist** of veggies, a **cupped hand** of carbs, a **thumb** of fat.

Get your exact numbers in 60 seconds →

One rule: eat the way you normally eat. Be honest with the scale and it will be honest with you.

Part 3

90 SECONDS. EVERY MEAL.



EATING OUT? GUESS, AND LOG IT ANYWAY.

1 **Plate on the scale.**
Press the zero button.

2 **Add the food.**
Read the grams.

3 **Type it in the app.**
Save.

4 **Eat.**
About 90 seconds.

Everything counts. Even these.

- The chips while you cook
- The bites off your kid's plate
- The oil in the pan
- The cream in your coffee
- The drink with dinner
- The snack you forgot

Part

4 DAY 15: WHAT YOU LEARN



DAY 15: LOOK BACK AT YOUR 2 WEEKS

Now you know what you really eat.

YOUR REAL DAILY AVERAGE	Not the number you would have guessed.
YOUR BIGGEST MEAL	For most people it is not dinner. It is between meals.
THE FOOD YOU FORGOT ABOUT	The oil, the drinks, the bites, the coffee.

WHAT TO WRITE DOWN

Open the app. Write down your two-week average for calories and protein. Those two numbers are your starting point.

Part 5

COME SEE US



COME SEE THE PLACE

Bring your two numbers to a free Intro Call. You talk with a real person on our team about what to do next.

WLFCLUB.COM/BOOK-YOUR-EXPERIENCE

Or call or text **(817) 349-7815** and say you finished the 14 days.

WLF Club · 5724 W Vickery Blvd, Fort Worth, TX 76107

WLF WELLNESS LIFESTYLE FREEDOM

DR. COLTON PURSCELL, DC
FOUNDER, WLF CLUB

Education, not medical advice. If you have a condition that affects what you eat, talk with your doctor first.