

# Bariatric Surgery Food Journal

Bariatric Nutrion and Lifestyle Plan - Kaiser Permanente  
 Bariatric Surgery Weekly Food Exercise Tracker | Weigh ...  
 Bariatric Food - blog.baribuilider.com  
 Bariatric bariatric journal bariatric surgery bariatric | Etsy  
 Bariatric Food Tracker Journal helps make goals reality ...  
 Bariatric Surgery Journal: Beautiful Journal With Food ...  
 Printable Food Journal - Pinterest  
 The Benefits Of A Food Journal After Bariatric Surgery  
 Gastric Bypass Surgery - Bariatric Journal

**Bariatric Surgery Full Liquid Diet How bariatric surgery changes your hunger, metabolism and even your tastes for certain foods** [What I Eat in a Day!](#) | [8 Wks Post-Op](#) | [RNY Gastric Bypass](#) | [Weight Loss Surgery](#) **GASTRIC BYPASS | 1 MONTH UPDATE - food, weight, emotions**  
 Bariatric Surgery Sleeve Gastrectomy Postop Nutritional Guidelines *Bariatric Surgery Post-Operative Soft Foods Diet Class* HEALING FROM FOOD ADDICTION ● WEIGHT LOSS SURGERY *EATING AFTER WEIGHT LOSS SURGERY* | *Can I Eat Whatever I Want?* [FULL DAY OF EATING](#) | [Healthy Meals for Weight Loss after Bariatric Surgery](#) [Eating After Bariatric Surgery](#) FOODS TO AVOID AFTER WEIGHT LOSS SURGERY □ [GASTRIC SLEEVE \u0026 BYPASS SURGERY](#) □ [BEST BOOKS TO READ AFTER VSG \u0026 GASTRIC SLEEVE SURGERY](#) [RECOVERY AFTER BARIATRIC SURGERY](#) | *How Long Is the Recovery Process?*

FIRST 48 HOURS AFTER VSG ● WHAT HAPPENED? ● GASTRIC SLEEVE SURGERY **My Gastric Bypass Experience: 5 Things They Didn't Tell Me** [WHAT I EAT IN A DAY](#) | 4 months after gastric bypass surgery 3 YEARS AFTER BARIATRIC SURGERY □ STRUGGLING AND NOT DOING WELL □ VSG \u0026 RNY [ONE YEAR LATER... GASTRIC SLEEVE SURGERY ● VSG ● SURGERY ANNIVERSARY](#) FAVORITES FOR GASTRIC SLEEVE \u0026 BYPASS □ BASIC SUPPLIES YOU WILL NEED □ VSG \u0026 RNY

HOW TO SURVIVE YOUR FIRST WEEK AFTER BARIATRIC SURGERY

10 THINGS NOT TO DO AFTER GASTRIC SLEEVE

10 THINGS I WISH I KNEW BEFORE HAVING GASTRIC SLEEVE SURGERY *Nourishing the new you: Eating after gastric bypass surgery* [Eating After Bariatric Surgery - A guide for the first month](#) WHAT YOUR BARIATRIC SURGEON PROBABLY WON'T TELL YOU □ VSG \u0026 RNY TIPS ✕ WEIGHT LOSS SURGERY

Dr. V. Masterclass: What To Eat After Weight Loss Surgery

Down 60 POUNDS | Week19! | Beef \u0026 Butter Fast Results! [Real Talk: Why You Should NOT Exercise After Weight Loss Surgery](#)

Ashley's 9 month post-op bariatric surgery update **How much weight will I lose after Bariatric Surgery - The answer may surprise you**

Bariatric Food Journal - Stay on Track After Surgery  
 Gastric bypass surgery leads to long-term diabetes ...  
 Nutrition Tracking After Bariatric Surgery - A Dietitian's ...  
 Baritastic - Bariatric Tracker - Apps on Google Play  
 Amazon.com: bariatric food journal  
 Fingerlakes Bariatrics - Surgical Weight Loss in Central ...  
 Bariatric Surgery Food Journal  
 Gastric bypass diet: What to eat after the surgery - Mayo ...  
 Gastric Sleeve Surgery - Bariatric Journal  
 The Best Free Diet Journals - Bariatric Surgery Source

*Bariatric Surgery Food Journal*

Downloaded from [content.consello.com](http://content.consello.com) by guest

## ZIMMERMAN CROSS

**Bariatric Nutrion and Lifestyle Plan - Kaiser Permanente Bariatric Surgery Full Liquid Diet How bariatric surgery changes your hunger, metabolism and even your tastes for certain foods** [What I Eat in a Day!](#) | [8 Wks Post-Op](#) | [RNY Gastric Bypass](#) | [Weight Loss Surgery](#) **GASTRIC BYPASS | 1 MONTH UPDATE - food, weight, emotions** Bariatric Surgery Sleeve Gastrectomy Postop Nutritional Guidelines *Bariatric Surgery Post-Operative Soft Foods Diet Class* HEALING FROM FOOD ADDICTION ● WEIGHT LOSS SURGERY *EATING AFTER WEIGHT LOSS SURGERY* | *Can I Eat Whatever I Want?* [FULL DAY OF EATING](#) | [Healthy Meals for Weight Loss after Bariatric Surgery](#) [Eating After Bariatric Surgery](#) FOODS TO AVOID AFTER WEIGHT LOSS SURGERY □ [GASTRIC SLEEVE \u0026 BYPASS SURGERY](#) □ [BEST BOOKS TO READ AFTER VSG \u0026 GASTRIC SLEEVE SURGERY](#) [RECOVERY AFTER BARIATRIC SURGERY](#) | *How Long Is the Recovery Process?*

FIRST 48 HOURS AFTER VSG ● WHAT HAPPENED? ● GASTRIC SLEEVE SURGERY **My Gastric Bypass Experience: 5 Things They Didn't Tell Me** [WHAT I EAT IN A DAY](#) | 4 months after

gastric bypass surgery 3 YEARS AFTER BARIATRIC SURGERY □ STRUGGLING AND NOT DOING WELL □ VSG \u0026 RNY [ONE YEAR LATER... GASTRIC SLEEVE SURGERY ● VSG ● SURGERY ANNIVERSARY](#) FAVORITES FOR GASTRIC SLEEVE \u0026 BYPASS □ BASIC SUPPLIES YOU WILL NEED □ VSG \u0026 RNY

HOW TO SURVIVE YOUR FIRST WEEK AFTER BARIATRIC SURGERY

10 THINGS NOT TO DO AFTER GASTRIC SLEEVE

10 THINGS I WISH I KNEW BEFORE HAVING GASTRIC SLEEVE SURGERY *Nourishing the new you: Eating after gastric bypass surgery* [Eating After Bariatric Surgery - A guide for the first month](#) WHAT YOUR BARIATRIC SURGEON PROBABLY WON'T TELL YOU □ VSG \u0026 RNY TIPS ✕ WEIGHT LOSS SURGERY

Dr. V. Masterclass: What To Eat After Weight Loss Surgery

Down 60 POUNDS | Week19! | Beef \u0026 Butter Fast Results! [Real Talk: Why You Should NOT Exercise After Weight Loss Surgery](#)

Ashley's 9 month post-op bariatric surgery update **How much weight will I lose after Bariatric Surgery - The answer may surprise you** Bariatric Surgery Food Journal Some food journal options double as an exercise journal. If you're disciplined enough to track both your food and exercise habits, you will work toward forming new, long term habits that will substantially improve your health. Lifestyle changes prompted by use of a food journal include making conscious, informed food selections. The Best Free Diet Journals - Bariatric Surgery Source BARIATRIC SURGERY JOURNAL to help you on your weight loss and health journey! Suitable for people prior and post surgery to track their food, mood, energy, protein, weight, symptoms (including dumping and FOOD TRIGGER TRACKING!) , gratitude prompts and motivational quotes! Bariatric Surgery Journal: Beautiful Journal With Food ... Bariatric Surgery Journal: Beautiful Journal With Food Trackers, Mindful Eating Worksheets, Weight Trackers, Gratitude Prompts, Motivational Quotes And More! by LaudaKlien | Jul 3, 2019. 4.2 out of 5 stars 9. Amazon.com: bariatric food journal After bariatric

weight loss surgery, doing a food journal is just as important, as it can help you keep track of where you are getting your daily nutrients and if you are balancing your diet with the limited foods you can eat. The most important things to remember when keeping any health journal, write it, be precise and be consistent. [Bariatric Food Journal - Stay on Track After Surgery](#) Two common types of bariatric surgery are lap band surgery, which places a band around the top of the stomach to create a very small pouch that can hold only a small amount of food, and gastric ...Gastric bypass surgery leads to long-term diabetes ...Our most popular helper for Bariatric Weight Loss! A motivational Food Journal. Our Inspire Diet 28 Day Tracker helps you focus on staying motivated for the next 28 Days of Inspire and healthy meals! Tracking the food you eat is a proven method to lose the weight and keep it off. It is a simple task that can help you understand your eating habits and highlight any problem areas for you to target. [Bariatric Food Tracker Journal](#) helps make goals reality ...A printable food journal specifically for use post-bariatric surgery (weight loss surgery). Free to download and print Find this Pin and more on Post Surgical Eating by The New York Bariatric Group. [Printable Food Journal - Pinterest](#) Food journals have been proven to create more weight loss and sustained long-term weight loss (twice as much according to this Kaiser study). With a bevy of excellent apps for weight loss tracking, your patients can arm themselves with the best. Below is a list of our favorites. [Baritastic Imagine MyFitnessPal](#) specifically for bariatric patients. [Nutrition Tracking After Bariatric Surgery - A Dietitian's ...](#) [Bariatric Journal](#) is a leading publication for bariatric surgery guides and information. We are on a mission to help educate millions the benefits of weight loss surgery. [GuidesGastric Bypass Surgery - Bariatric Journal](#) [Bariatric Journal](#) is a leading publication for bariatric surgery guides and information. We are on a mission to help educate millions the benefits of weight loss surgery. [GuidesGastric Sleeve Surgery - Bariatric Journal](#) With that in mind, we want to take a look at food diaries today, which can be a great tool after your bariatric surgery. [What Is A Food Journal?](#) Simply put, a food journaling is a way to keep track of what you eat. Food journals are recommended by many nutritionists for people who are struggling to lose weight. [The Benefits Of A Food Journal After Bariatric Surgery](#) You can also use a food journal to help develop bariatric food ideas through a bariatric food list to introduce new recipes. [Bariatric Food Websites](#). If you are at a loss for where to start with developing recipes after bariatric surgery, you can use these bariatric sites to help increase your food portfolio. [Bariatric Food - blog.baribuider.com](#) [Baritastic](#) is the # 1 app for bariatric surgery! [Bariatric surgery patients](#) have specific goals, requirements and guidelines before and after surgery. And now there is a free app specifically built for bariatric surgery. \* Nutrition and Water Tracking \* Reminders - Vitamins, Water, Protein Shakes, Meals, Other \* Bariatric Food, Water, and Bite Timer \* Patient Journal - Log thoughts, take pics ...[Baritastic - Bariatric Tracker - Apps on Google Play](#) Bariatric surgery is not a cure nor is it to be considered a “one and done” approach to treating obesity. Weight ... • Start keeping food journal/records to increase your awareness of your food habits and track the health habits necessary for success. [Bariatric Nutrition and Lifestyle Plan - Kaiser Permanente](#) Focus on high-protein foods. Eat these foods before you eat other foods in your meal. Avoid foods that are high in fat and sugar. These foods travel quickly through your digestive system and cause dumping syndrome. Take recommended vitamin and mineral supplements. After surgery your body won't be able to absorb enough nutrients from your food. [Gastric bypass diet: What to eat after the surgery - Mayo ...](#) [Fingerlakes Bariatrics](#) is the best destination for all surgical weight loss options in Central New York. You can rest assured that the compassion, care and support that Dr. Weiss and his surgical team have extended to their hundreds of patients will now be given to you! [Fingerlakes Bariatrics - Surgical Weight Loss in Central ...](#) [Bariatric Surgery Weekly Food Exercise Tracker | Weigh Loss Journal, diet log, weight loss diary, nutrition list, exercise tracker, journal](#) This listing is for one Weekly Food and Exercise Log INSTANT DOWNLOAD specifically designed for our friends who've had bariatric surgery, or anyone desiring to track their nutrition and food; especially ...[Bariatric Surgery Weekly Food Exercise Tracker | Weigh ...](#) [Description](#) [Bariatric, bariatric journal, bariatric surgery, bariatric food log, bariatric food journal, food habit tracker](#) to develop healthy habits through mindful eating. 4 designs, US Letter size, Instant Download, 8.5 x 11 inches [Bariatric bariatric journal bariatric surgery bariatric | Etsy](#) [Diet after Bariatric Surgery](#) Even though there are foods and drinks to restrict, there still are plenty of things you can — and are encouraged to — eat after bariatric surgery. At each meal, reach for foods high in protein first at each meal to ensure you're getting 60 to 80 grams of protein daily. Some food journal options double as an exercise journal. If you're disciplined enough to track both your food and exercise habits, you will work toward forming new, long term habits that will substantially improve your health. Lifestyle changes prompted by use of a food journal include

making conscious, informed food selections.

[Bariatric Surgery Weekly Food Exercise Tracker | Weigh ...](#)

Bariatric surgery is not a cure nor is it to be considered a “one and done” approach to treating obesity. Weight ... • Start keeping food journal/records to increase your awareness of your food habits and track the health habits necessary for success.

**Bariatric Food - blog.baribuider.com**

[Bariatric Journal](#) is a leading publication for bariatric surgery guides and information. We are on a mission to help educate millions the benefits of weight loss surgery. [Guides](#)

**Bariatric bariatric journal bariatric surgery bariatric | Etsy**

[Bariatric Surgery Weekly Food Exercise Tracker | Weigh Loss Journal, diet log, weight loss diary, nutrition list, exercise tracker, journal](#) This listing is for one Weekly Food and Exercise Log INSTANT DOWNLOAD specifically designed for our friends who've had bariatric surgery, or anyone desiring to track their nutrition and food; especially ...

**Bariatric Food Tracker Journal helps make goals reality ...**

[BARIATRIC SURGERY JOURNAL](#) to help you on your weight loss and health journey! Suitable for people prior and post surgery to track their food, mood, energy, protein, weight, symptoms (including dumping and FOOD TRIGGER TRACKING!) , gratitude prompts and motivational quotes! [Bariatric Surgery Journal: Beautiful Journal With Food ...](#)

**Printable Food Journal - Pinterest**

Our most popular helper for Bariatric Weight Loss! A motivational Food Journal. Our Inspire Diet 28 Day Tracker helps you focus on staying motivated for the next 28 Days of Inspire and healthy meals! Tracking the food you eat is a proven method to lose the weight and keep it off. It is a simple task that can help you understand your eating habits and highlight any problem areas for you to target.

[The Benefits Of A Food Journal After Bariatric Surgery](#)

**Bariatric Surgery Full Liquid Diet How bariatric surgery changes your hunger,**

**metabolism and even your tastes for certain foods** [What I Eat in a Day! | 8 Wks Post-Op |](#)

[RNY Gastric Bypass | Weight Loss Surgery](#) **GASTRIC BYPASS | 1 MONTH UPDATE - food,**

**weight, emotions** [Bariatric Surgery Sleeve Gastrectomy Postop Nutritional Guidelines](#) [Bariatric Surgery Post-Operative Soft Foods Diet Class](#) [HEALING FROM FOOD ADDICTION](#) ● [WEIGHT LOSS SURGERY EATING AFTER WEIGHT LOSS SURGERY | Can I Eat Whatever I Want? FULL DAY OF EATING | Healthy Meals for Weight Loss after Bariatric Surgery](#) [Eating After Bariatric Surgery FOODS TO AVOID AFTER WEIGHT LOSS SURGERY](#) □ [GASTRIC SLEEVE \u0026 BYPASS SURGERY](#) □ [BEST BOOKS TO READ AFTER VSG \u0026 GASTRIC SLEEVE SURGERY RECOVERY AFTER BARIATRIC SURGERY | How Long Is the Recovery Process?](#)

FIRST 48 HOURS AFTER VSG ● WHAT HAPPENED? ● [GASTRIC SLEEVE SURGERY](#) **My Gastric**

**Bypass Experience: 5 Things They Didn't Tell Me** [WHAT I EAT IN A DAY | 4 months after](#)

[gastric bypass surgery 3 YEARS AFTER BARIATRIC SURGERY](#) □ [STRUGGLING AND NOT DOING WELL](#) □ [VSG \u0026 RNY ONE YEAR LATER... GASTRIC SLEEVE SURGERY ● VSG ● SURGERY](#)

[ANNIVERSARY FAVORITES FOR GASTRIC SLEEVE \u0026 BYPASS](#) □ [BASIC SUPPLIES YOU WILL NEED](#) □ [VSG \u0026 RNY](#)

[HOW TO SURVIVE YOUR FIRST WEEK AFTER BARIATRIC SURGERY](#)

[10 THINGS NOT TO DO AFTER GASTRIC SLEEVE](#)

10 THINGS I WISH I KNEW BEFORE HAVING GASTRIC SLEEVE SURGERY [Nourishing the new you:](#)

[Eating after gastric bypass surgery](#) [Eating After Bariatric Surgery - A guide for the first month](#) [WHAT YOUR BARIATRIC SURGEON PROBABLY WON'T TELL YOU](#) □ [VSG \u0026 RNY TIPS](#) ✕ [WEIGHT LOSS SURGERY](#)

[Dr. V. Masterclass: What To Eat After Weight Loss Surgery](#)

[Down 60 POUNDS | Week 19! | Beef \u0026 Butter Fast Results! Real Talk: Why You Should NOT](#)

[Exercise After Weight Loss Surgery](#)

Ashley's 9 month post-op bariatric surgery update **How much weight will I lose after Bariatric Surgery - The answer may surprise you**

[Gastric Bypass Surgery - Bariatric Journal](#)

[Bariatric Journal](#) is a leading publication for bariatric surgery guides and information. We are on a mission to help educate millions the benefits of weight loss surgery. [Guides](#)

**Bariatric Surgery Full Liquid Diet How bariatric surgery changes your hunger,**

**metabolism and even your tastes for certain foods** [What I Eat in a Day! | 8 Wks Post-Op |](#)

[RNY Gastric Bypass | Weight Loss Surgery](#) **GASTRIC BYPASS | 1 MONTH UPDATE - food,**

**weight, emotions** [Bariatric Surgery Sleeve Gastrectomy Postop Nutritional Guidelines](#) [Bariatric Surgery Post-Operative Soft Foods Diet Class](#) [HEALING FROM FOOD ADDICTION](#) ● [WEIGHT LOSS SURGERY EATING AFTER WEIGHT LOSS SURGERY | Can I Eat Whatever I Want? FULL DAY OF EATING | Healthy Meals for Weight Loss after Bariatric Surgery](#) [Eating After Bariatric Surgery FOODS TO AVOID AFTER WEIGHT LOSS SURGERY](#) □ [GASTRIC SLEEVE \u0026 BYPASS SURGERY](#) □ [BEST BOOKS TO READ AFTER VSG \u0026 GASTRIC SLEEVE SURGERY RECOVERY AFTER BARIATRIC SURGERY | How Long Is the Recovery Process?](#)

FIRST 48 HOURS AFTER VSG ● WHAT HAPPENED? ● [GASTRIC SLEEVE SURGERY](#) **My Gastric**

**Bypass Experience: 5 Things They Didn't Tell Me** [WHAT I EAT IN A DAY | 4 months after](#)

[gastric bypass surgery 3 YEARS AFTER BARIATRIC SURGERY](#) □ [STRUGGLING AND NOT DOING WELL](#) □ [VSG \u0026 RNY ONE YEAR LATER... GASTRIC SLEEVE SURGERY ● VSG ● SURGERY](#)

[ANNIVERSARY FAVORITES FOR GASTRIC SLEEVE \u0026 BYPASS](#) □ [BASIC SUPPLIES YOU WILL NEED](#) □ [VSG \u0026 RNY](#)

[HOW TO SURVIVE YOUR FIRST WEEK AFTER BARIATRIC SURGERY](#)

[10 THINGS NOT TO DO AFTER GASTRIC SLEEVE](#)

10 THINGS I WISH I KNEW BEFORE HAVING GASTRIC SLEEVE SURGERY [Nourishing the new you:](#)

[Eating after gastric bypass surgery](#) [Eating After Bariatric Surgery - A guide for the first month](#) [WHAT YOUR BARIATRIC SURGEON PROBABLY WON'T TELL YOU](#) □ [VSG \u0026 RNY TIPS](#) ✕ [WEIGHT LOSS SURGERY](#)

[Dr. V. Masterclass: What To Eat After Weight Loss Surgery](#)

[Down 60 POUNDS | Week 19! | Beef \u0026 Butter Fast Results! Real Talk: Why You Should NOT](#)

[Exercise After Weight Loss Surgery](#)

Ashley's 9 month post-op bariatric surgery update **How much weight will I lose after Bariatric Surgery - The answer may surprise you**

[Food journals](#) have been proven to create more weight loss and sustained long-term weight loss (twice as much according to this Kaiser study). With a bevy of excellent apps for weight loss tracking, your patients can arm themselves with the best. Below is a list of our favorites. [Baritastic Imagine MyFitnessPal](#) specifically for bariatric patients.

[Bariatric Food Journal - Stay on Track After Surgery](#)

[Fingerlakes Bariatrics](#) is the best destination for all surgical weight loss options in Central New York. You can rest assured that the compassion, care and support that Dr. Weiss and his surgical team have extended to their hundreds of patients will now be given to you!

[Bariatric Surgery Weekly Food Exercise Tracker | Weigh Loss Journal, diet log, weight loss diary, nutrition list, exercise tracker, journal](#) This listing is for one Weekly Food and Exercise Log INSTANT DOWNLOAD specifically designed for our friends who've had bariatric surgery, or anyone desiring to track their nutrition and food; especially ...

[Description](#) [Bariatric, bariatric journal, bariatric surgery, bariatric food log, bariatric food journal, food habit tracker](#) to develop healthy habits through mindful eating. 4 designs, US Letter size, Instant Download, 8.5 x 11 inches [Bariatric bariatric journal bariatric surgery bariatric | Etsy](#) [Diet after Bariatric Surgery](#) Even though there are foods and drinks to restrict, there still are plenty of things you can — and are encouraged to — eat after bariatric surgery. At each meal, reach for

[Nutrition Tracking After Bariatric Surgery - A Dietitian's ...](#)

[Bariatric Surgery Journal: Beautiful Journal With Food Trackers, Mindful Eating Worksheets, Weight Trackers, Gratitude Prompts, Motivational Quotes And More!](#) by [LaudaKlien](#) | Jul 3, 2019. 4.2 out of 5 stars 9.

[Baritastic - Bariatric Tracker - Apps on Google Play](#)

[Diet after Bariatric Surgery](#) Even though there are foods and drinks to restrict, there still are plenty of things you can — and are encouraged to — eat after bariatric surgery. At each meal, reach for

foods high in protein first at each meal to ensure you're getting 60 to 80 grams of protein daily.

[Amazon.com: bariatric food journal](#)

You can also use a food journal to help develop bariatric food ideas through a bariatric food list to introduce new recipes. Bariatric Food Websites. If you are at a loss for where to start with developing recipes after bariatric surgery, you can use these bariatric sites to help increase your food portfolio.

*Fingerlakes Bariatrics - Surgical Weight Loss in Central ...*

Description Bariatric, bariatric journal, bariatric surgery, bariatric food log, bariatric food journal, food habit tracker to develop healthy habits through mindful eating. 4 designs, US Letter size, Instant Download, 8.5 x 11 inches

#### **Bariatric Surgery Food Journal**

Focus on high-protein foods. Eat these foods before you eat other foods in your meal. Avoid foods that are high in fat and sugar. These foods travel quickly through your digestive system and cause dumping syndrome. Take recommended vitamin and mineral supplements. After surgery your body won't be able to absorb enough nutrients from your food.

*Gastric bypass diet: What to eat after the surgery - Mayo ...*

Two common types of bariatric surgery are lap band surgery, which places a band around the top of the stomach to create a very small pouch that can hold only a small amount of food, and gastric ...

*Gastric Sleeve Surgery - Bariatric Journal*

Baritastic is the # 1 app for bariatric surgery! Bariatric surgery patients have specific goals, requirements and guidelines before and after surgery. And now there is a free app specifically built for bariatric surgery. \* Nutrition and Water Tracking \* Reminders - Vitamins, Water, Protein Shakes, Meals, Other \* Bariatric Food, Water, and Bite Timer \* Patient Journal - Log thoughts, take pics ...

[The Best Free Diet Journals - Bariatric Surgery Source](#)

After bariatric weight loss surgery, doing a food journal is just as important, as it can help you keep track of where you are getting your daily nutrients and if you are balancing your diet with the limited foods you can eat. The most important things to remember when keeping any health journal, write it, be precise and be consistent.