

21 days of meals + wearable history

Build a personal record of meals, meal timing and sleep with Apple Health or WHOOP. A logging routine, not a diet plan.

01 SET UP ONCE

Use KeepEatClean on iPhone. Choose Apple Health during setup, or connect WHOOP through its separate sign-in. In Settings, look for Health source.

Check the source. Apple Watch readings come through Apple Health. Confirm a recent sleep reading appears; available measures depend on permissions and your device.

Choose one question. For example: how does dinner timing line up with next-morning sleep in my own history?

03 YOUR PRIVATE 21-DAY CHECKLIST

Start date: _____ My question: _____

Week 1	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7
Week 2	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 13	☐ 14
Week 3	☐ 15	☐ 16	☐ 17	☐ 18	☐ 19	☐ 20	☐ 21

02 REPEAT EACH DAY

Log your usual meals. Record meal times, review photo estimates, and edit food or portions when needed. No diet change is required.

Keep your wearable routine consistent. Use the same source where practical. Missing readings are gaps; do not fill them with invented values.

Check the day. Tick a box after meals are logged and a wearable reading is available. Keep this sheet and your health history private.

04 REVIEW YOUR HISTORY

On day 21, review whether logging felt manageable and whether your meal and wearable records are complete. Food x Body needs enough usable paired days and other evidence checks. An insight is not guaranteed by day 21; no clear pattern is a valid result.

Any finding is an association, not proof of cause or medical advice. You can stop at any time. Do not send your food or health records to a club or to us.

The guide is free. KeepEatClean has a free tier and optional paid Pro. This activity does not include a special Pro grant or require a purchase.

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