

Log your information, daily...

Make sure you weigh yourself first thing in the morning...

<b>DAY 1</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 2</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 3</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 4</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 5</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 6</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 7</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 8</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 9</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 10</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 11</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 12</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 13</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 14</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 15</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 16</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 17</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 18</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 19</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 20</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

Log your information, daily...

This log can be used for both the 23 and 40 day protocol...

<b>DAY 21</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 22</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 23</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 24</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 25</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 26</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 27</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 28</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 29</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 30</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 31</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 32</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 33</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 34</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 35</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 36</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 37</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 38</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 39</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes:

<b>DAY 40</b>	Breakfast:
Date:	Lunch:
	Dinner:
Weight:	Snacks:
	Notes: