

Summary Statement:

Habit formation is the foundation of true change

Life Transforming Diet - Personal Ledger

Weekly Weight			Weekly Total	
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Week 5

Principles	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Light/HWC Meal								
Exercise (10 min cardio)								
Substitution Method								
Light One CF Meal								
Substitution Method								
Light One CF Meal								
Substitution Method								
How many glasses of water								
Notes								
Where								
Emotion								
Activity								
Notes								
Where								
Emotion								
Activity								
More Notes								