

Summary Statement:

The pleasure of food can become a gateway to obesity

Life Transforming Diet - Personal Ledger

Weekly Weight			Weekly Total	
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Phase 3

Principles	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Light/HWC Meal								
Exercise (30 min cardio + Strengthening)								
Substitution Method								
Mixed Meal								
Substitution Method								
One CF Meal								
Substitution Method								
How many glasses of water								
Notes								
Where								
Emotion								
Activity								
Notes								
Where								
Emotion								
Activity								
More Notes								