

Summary Statement:

Choose a statement that inspires you

Life Transforming Diet - Personal Ledger

Weekly Weight			Weekly Total	
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Turbo Phase

Principles	Day 1	Day 2	Day 3	Day 4	Day 5	Total
HWC Meal						
Exercise (30 min cardio + Strengthening)						
Substitution Method						
Light One CF Meal / Light or HWC Meal						
Substitution Method						
One CF Meal						
Substitution Method						
How many glasses of water						
Notes						
Where						
Emotion						
Activity						
Notes						
Where						
Emotion						
Activity						
More Notes						