





Main goals for the next 90 days:

Symptoms I'm currently experiencing:

Day 1		Date					Weight
Week 1							
Meals:							
Snacks:							
Sleep: HOURS: 4 5 COMMENTS:						••	
Movement:							
Energy Level:	1 2	3 4 5	6 7	8 9 10			
Stress Level:	1 2	3 4 5	6 7	8 9 10			
Notes: (Cravi	ngs, Ma	jor Brea	ıkthro	oughs, Tou	gh Spot	s, Sym	ptoms):

Day 2 Week 1				Da	te										_	We	ight
Meals:																	
Snacks:																	
Sleep: HOURS: 4 5 COMMENTS:											`	•••		••		•••	
Movement:																	
Energy Level:	1	2	3	4	5	6	7	8	9	10							
Stress Level:	1	2	3	4	5	6	7	8	9	10							
Notes: (Cravin	ngs,	Ma	ijor	Br	'eal	kth	ıroı	ugh	ıs,	Tou	gh	Spc	ts,	Syn	np	tom	S):

[&]quot;Strive for progress, not perfection"

Day 3 Week 1		Date					Weight
Meals:							
Snacks:							
Sleep: HOURS: 4 5 COMMENTS:						••	
Movement:							
Energy Level:	1 2	3 4 5	6 7	8 9 10			
Stress Level:	1 2	3 4 5	6 7	8 9 10			
Notes: (Cravin	ngs, Maj	jor Brea	kthro	ughs, Tou	gh Spot	s, Sym _l	ptoms):

Day 4 Week 1	Date	Weight
Meals:		
Snacks:		
	6 7 8 9 10 QUALITY: ••• •••	
Movement:		
Energy Level:	1 2 3 4 5 6 7 8 9 10	
Stress Level:	1 2 3 4 5 6 7 8 9 10	
Notes: (Cravin	ngs, Major Breakthroughs, Tough Spots, Sym _l	otoms):

[&]quot;It's not who you are that holds you back, it's who you think you're not."

Day 5	Doto	Weight
Week 1	Date	
Meals:		
Snacks:		
Sleep:		
-	6 7 8 9 10 QUALITY: (*)	
Movement:		
Energy Level:	1 2 3 4 5 6 7 8 9 10	
Stress Level:	1 2 3 4 5 6 7 8 9 10	
Notes (Cravin	ngs, Major Breakthroughs, Tough Spots, Sy	mntoms)·
——————————————————————————————————————		

Day 6		Date					Weight
Week 1							
Meals:							
Snacks:							
Sleep:							
HOURS: 4 5 COMMENTS:						••	
Movement:							
Energy Level:	1 2	3 4 5	6 7	8 9 10			
Stress Level:	1 2	3 4 5	6 7	8 9 10			
Notes: (Cravin	ngs, Maj	or Brea	kthro	ughs, Tou	gh Spot	s, Sym	ptoms):
							

Day 7		Date				Weight
Week 1		2000				
Meals:						
Snacks:						
Sleep: HOURS: 4 5 COMMENTS:					•) ••	
Movement:						
Energy Level:	1 2	3 4 5	6 7 8	9 10		
Stress Level:	1 2	3 4 5	6 7 8	9 10		
Notes: (Cravi	ngs. Mai	or Break	rthrough	s. Tough S	Spots. Sym	ntoms):

[&]quot;Take care of your body. It's the only place you have to live"- Jim Rohn



Symptoms experienced last week:

Day 8						Weight
Week 2		Date				
Moals						
Meals:						
Snacks:						
Sleep:						
HOURS: 4 5	670	0 10	\bigcirc T T \land	LITY: (*)		
COMMENTS:						
Movement:						
Energy Level:	1 2	3 4 5	6 7 8	9 10		
Stress Level:	1 2	3 4 5	6 7 8	9 10		
Notes: (Cravi	ngs, Maj	or Break	through	s, Tough S	pots, Sym	iptoms):

Day 9	Doto	Weight
Week 2	Date	
Meals:		
Snacks:		
Sleep:		
•	7 8 9 10 QUALITY: (*)	(\bullet)
COMMENTS:		
Movement:		
Energy Level: 1	2 3 4 5 6 7 8 9 10	
Stress Level:	2 3 4 5 6 7 8 9 10	
		Crimptoma).
	, Major Breakthroughs, Tough Spots,	Symptoms).

[&]quot;It's no coincidence that four of the six letters in health are 'heal'"- Ed Northstrum

[&]quot;If you hate starting over, stop quitting!"- Unknown

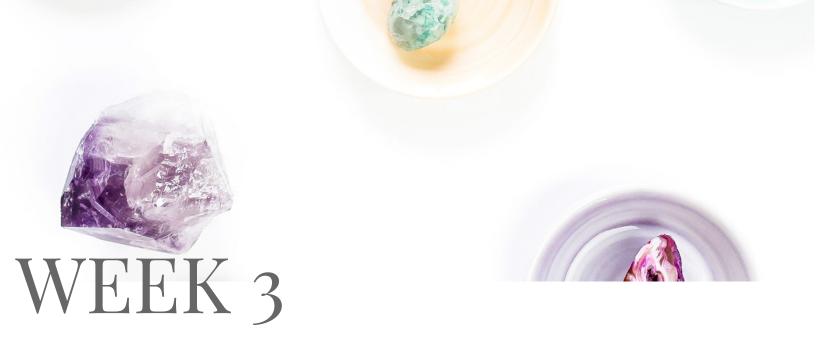
Day :	13
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Date

Weight

Meals:						
Snacks:						
Sleep:						
HOURS: 4 5	6 7 8	9 10	QUALI'	TY: (•)	$(\bullet \bullet)$	\bigcirc
COMMENTS:						
N.4.						
Movement:						
Energy Level:	1 2 3	4 5 6	7 8 9	10		
Stress Level:	1 2 3	4 5 6	7 8 9	10		
Notes: (Cravi	ngs. Maior	· Breaktl	nroughs.	Tough Spo	ts. Svmp	toms):

[&]quot;I have decided to be happy because it is good for my health" - Unknown



Symptoms experienced last week:

Meals:															
inacks:															
ileep:															
HOURS: 4 5 COMMENTS: _											•)	(.	••	(•	•
Movement:															
novement															
Energy Level:	1	2	3	4 5	6	7	8	9	10						
Stress Level:	1	2	3	4 5	6	7	8	9	10						
Notes: (Cravin	o'a .	N/si	Or	Rro:	ı Lett) YO	uar		Тол	ah S	inot	-	37.7m	nto-	ma).
Notes. (Craviii	go, .	iviaj	O1	DI C	ancı		ugi	10,	1 O U	811 L	POC	, D, E) y 11.	1PW.	1110).

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

[&]quot;Being healthy and fit isn't a fad or a trend, it's a lifestyle."

Day	17
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Date

Weight

1eals:				
nacks:				
	6 7 8 9 10			
lovement:				
nergy Level:	1 2 3 4 5	6 7 8 9 10		
itress Level:	1 2 3 4 5	6 7 8 9 10		
Notes: (Cravi	ngs, Major Break	xthroughs, Tou	gh Spots, S	Symptoms):

Meals:					
Snacks:					
Sleep:					
	6 7 8 9 10			••	
Movement:					
Energy Level:	1 2 3 4 5 6	5 7 8 9 10			
Stress Level:	1 2 3 4 5 6	5 7 8 9 10			
Notes: (Cravir	ngs, Major Breakt	throughs, Tou	gh Spot	s, Sym	otoms):

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

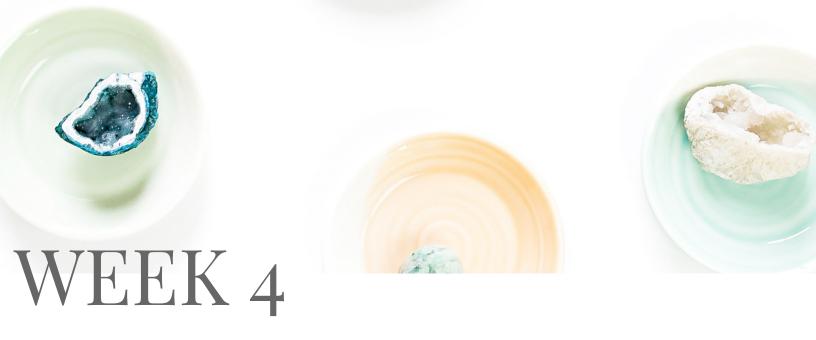
[&]quot;The earlier you start working on something, the earlier you will see results."

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Always find time for the things that make you happy to be alive"

Meals:				
Snacks:				
Sleep:				
HOURS: 4 5	6 7 8 9 10	QUALITY:		
<u> </u>				
Francis and	1 2 2 4 5 6	7 0 0 10		
Energy Levei:	1 2 3 4 5 6) / 8 9 10		
Stress Level:	1 2 3 4 5 6	7 8 9 10		
Natara (Characia	N (- ' D 1 - 1 1	l	-1- 0	
Notes: (Cravir	ngs, Major Breaktl	nrougns, Ioug	gn Spots, Sy	ymptoms):



Symptoms experienced last week:

inacks:														
Sleep:														
HOURS: 4 5 COMMENTS:												<u></u>)	
Movement:											 			
En avery I avel.	1	2	3	4	5	6	7	8	9	10				
Energy Level:			\sim	<i>)</i> 1	5	6	7	8	9	10				
Energy Level: Stress Level:	1	2	3	\leftarrow										

[&]quot;Your body is your most priceless possession - you go take care of it!"-Jack Lalanne 28

Day 25 Week 4			Da	te									_	Weight
Meals:														
Snacks:														
Sleep: HOURS: 4 5 COMMENTS: _)	••		
Movement:														
Energy Level:	1	2 3	3 4	5	6	7	8	9	10					
Stress Level:	1	2 3	3 4	5	6	7	8	9	10					
Notes: (Cravin	igs,	Majc	r Br	'eal	kth	rol	ıgh	ıs,	Tou	gh Sp	oots	s, Syr	np	toms):

Day 27 Week 4	Date	Weight
Meals:		
Snacks:		
	6 7 8 9 10 QUALITY: ••• •••	
Movement:		
Energy Level:	1 2 3 4 5 6 7 8 9 10	
Stress Level:	1 2 3 4 5 6 7 8 9 10	
Notes: (Cravin	ngs, Major Breakthroughs, Tough Spots, Symp	ptoms):

[&]quot;A man's health can be judged by which he takes two at a time - pills or the stairs" 31 -Joan Welsh



Symptoms experienced last week:

[&]quot;A person who never made a mistake never tried anything new" -Albert Einstein

Day 30 Week 5			-	Da	te										_	Weigl	nt
Meals:																	
C l																	
Snacks:																	
Sleep: HOURS: 4 5 COMMENTS:							C)U <i>A</i>	ALI'	TY:	(
Movement:																	
Energy Level:	1	2	3	4	5	6	7	8	9	10							
Stress Level:	1	2	3	4	5	6	7	8	9	10							
Notes: (Cravir	ngs,	Ma	jor	Br	'eal	kth	ıroı	ıgh	ıs,	Tou	gh	Spc	ots,	Syn	np	toms):	

[&]quot;There is nothing more rare, nor more beautiful than a woman being unapologetically herself" - Steve Maraboli

30 DAY CHECK-IN

How is it going? Do you need to readjust your goals? Or are you still on track?

Look back at your symptoms from Week 1. Do you still have all of them? If not, which ones are gone?

Any new symptoms? (This is perfectly normal - as you become more in tune with your body you'll notice more and more and sometimes even get super nitpicky.)



Weight is not everything and it might not even be important if you are trying to rid your body of inflammation. Once the body heals, it will "right size" itself. If you are keeping track though, write your starting weight and your 30 day weight below.

Starting	W	eight'	
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Dav 30 \	Neight	

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Meals:												
inacks:												
Sleep:	<i>C</i>		2 40			. T T A -	T T T T					
HOURS: 4 5										$\left(\underbrace{\bullet\bullet}\right)$		
COMMENTS:												
Movement:												
Energy Level:	1 7	2 3	4 5	6	7	8	9 10					
Stress Level:	1 7	2 3	4 5	6	7	8	9 10					
Notes: (Cravir	ngs, N	//ajor	Brea	kth:	rot	ıghs	s, Tou	ıgh Sp	ots	, Sym	ptoms	3):

[&]quot;The preservation of health is easier than the curse of the disease."

Week 5 Meals: Snacks: Sleep: HOURS: 4 5 6 7 8 9 10 QUALITY: COMMENTS: _____ Movement: _____ **Energy Level:** 1 2 3 4 5 6 7 8 9 10 **Stress Level:** 1 2 3 4 5 6 7 8 9 10 Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 35 Week 5				Da ⁻	te									_	Weight
Meals:															
Snacks:															
Sleep: HOURS: 4 5 COMMENTS:								QU <i>A</i>	\LI'	TY:			••		
Movement:															
Energy Level:	1	2	3	4	5	6	7	8	9	10					
Stress Level: Notes: (Cravin											gh Sp	ots	s, Syl	mp ⁻	toms):





Symptoms experienced last week:

[&]quot;Health is much more dependent on our habits and nutrition than on medicine"

Week 6

Snacks:Sleep: HOURS: 4 5 6 7 8 COMMENTS: Movement: Energy Level: 1 2 Stress Level: 1 2	8 9 10		QUA	LITY:			
Sleep: HOURS: 4 5 6 7 8 COMMENTS: Movement: Energy Level: 1 2	8 9 10		QUA	LITY:		•••	
Sleep: HOURS: 4 5 6 7 8 COMMENTS: Movement: Energy Level: 1 2	8 9 10		QUA	LITY:			
Sleep: HOURS: 4 5 6 7 8 COMMENTS: Movement: Energy Level: 1 2	8 9 10		QUA	LITY:		•••	
HOURS: 4 5 6 7 8 COMMENTS: Movement: Energy Level: 1 2						••	
HOURS: 4 5 6 7 8 COMMENTS: Movement: Energy Level: 1 2						••	
Movement: Energy Level: 1 2							
Energy Level: 1 2							
Energy Level: 1 2							
Stross Lovol:	3 4 5	6 7	7 8	9 10			
ouess Level: 1 4	3 4 5	6 7	7 8	9 10			
Notes: (Cravings, Ma	aior Brea	kthrc	nııøhs	s Tolia	rh Snat	ts Svm	ntoms)·
(Cr a v 11155, 1vic	JOI DI CA	.11 (111 (, Dy 111	ip (01110).

[&]quot;I can't control everything in my life, but I can control what I put in my body."

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

HOURS: 4 5 6 7 8 9 10 QUALITY: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	/leals:																
HOURS: 4 5 6 7 8 9 10 QUALITY:	nacks:																
Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10 Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):														••			
Stress Level: 1 2 3 4 5 6 7 8 9 10	Novement:																
	Energy Level:	1	2	3	4	5	6	7	8	9	10						
Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):	Stress Level:	1	2	3	4	5	6	7	8	9	10						
	Notes: (Cravi	ngs,	Ma	ajor	Br	'eal	kth	rol	ugh	lS,	Tou	gh Sr	oot	s, Syr	np	toms)	:

nacks:											
ileep: Hours: 4 5 Comments:										•••	
/lovement:											
Energy Level:	1	2 3	4	5 6	7	8	9 10				
Stress Level:	1	2 3	4	5 6	7	8	9 10				
Notes: (Cravin	ngs,	Majo	r Bre	eaktl	hro	ugh	s, Tou	ıgh Sp	ots, S	ymp	otoms):



Symptoms experienced last week:

Week 7

1eals:				
nacks:				
	678910			
lovement:				
nergy Level:	1 2 3 4 5	6 7 8 9 10		
itress Level:	1 2 3 4 5	6 7 8 9 10		
Notes: (Cravi	ngs, Major Break	throughs, Tou	gh Spots,	Symptoms):

Halfway Through!



Give yourself a giant pat on the back. You've made it 45 days through the 90-day challenge and you deserve to do something nice for yourself! Check out the ideas below for something to do to celebrate:

- Have a dance party
- Go shopping
- Get a mani/pedi
- Go fishing
- Get a massage
- Go for a walk
- Read a book
- Book a trip
- Buy yourself flowers

- Take a nap
- Go to a movie
- Do a craft
- Volunteer
- Share your accomplishments with friends and family
- Go out with friends
- Play golf
- Light some sparklers

1eals:					
nacks:					
leep:					
HOURS: 4 5	6 7 8 9 10	QUALITY:	••	$(\bullet \bullet)$	$\left(\bullet \bullet \right)$
Movement:					
Enorgy Loyal:	123456	. 7 9 0 10			
Ellergy Level.	1 4 3 4) () / 0 9 10			
Stress Level:	1 2 3 4 5 6	7 8 9 10			
	7 (F) 1 (F)	1 1 1	1 0 1	C	1
Notes: (Cravii	ngs, Major Breaktl	nrougns, Iou	gn Spot	ts, Symp	otoms):

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Week 7

Meals:															
inacks:															
ileep:															
HOURS: 4 5 COMMENTS: _											•)	(.	••	(•	•
Movement:															
novement															
Energy Level:	1	2	3	4 5	6	7	8	9	10						
Stress Level:	1	2	3	4 5	6	7	8	9	10						
Notes: (Cravin	o'a .	N/si	Or	Rro:	ı Lett) YO	uar		Тол	ah S	inot	-	777m	nto-	ma).
Notes. (Craviii	go, .	iviaj	O1	DI C	ancı		ugi	10,	1 O U	811 L	POC	, D, E) y 11.	1PW.	1110).

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):





Symptoms experienced last week:

Day 50 Week 8				Da	te										_	Wei	ght
Meals:																	
Spacker																	
Snacks:																	
Sleep:																	
HOURS: 4 5 COMMENTS: .								QU <i>P</i>	ALI	TY:				••			
Movement:																	
Energy Level:	1	2	3	4	5	6	7	8	9	10							
Stress Level:	1	2	3	4	5	6	7	8	9	10							
Notes: (Cravir	lgs,	Ma	ijor	Br	ea.	kth	ıroı	ugh	lS,	Tou	gh	Spo	ots	, Syı	mp	otoms).

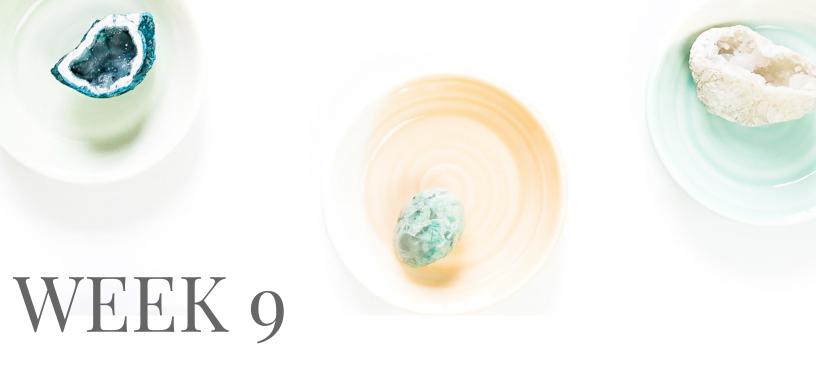
[&]quot;The only real failure in life is the failure to try"

Meals:	
Snacks:	
Sleep:	
HOURS: 4 5 6 7 8 9 10 QUALITY:	
Movement:	
Energy Level: 1 2 3 4 5 6 7 8 9 10	
Stress Level: 1 2 3 4 5 6 7 8 9 10	
Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms	

Day	52
Week	8



Meals:					
Snacks:					
Sleep:					
HOURS: 4 5	6 7 8 9 10			••	
Movement:					
Energy Level:	1 2 3 4 5	6 7 8 9 10			
Stress Level:	1 2 3 4 5	6 7 8 9 10			
Notes: (Cravi	ngs, Major Break	throughs, Tou	gh Spo	ts, Svm ⁻	ptoms):
				, J .	,



Symptoms experienced last week:

Day 58 Week 9		Date					Weight
Meals:							
Snacks:							
Sleep: Hours: 4 5 Comments: _			(QUALITY:			
Movement:							
Energy Level:	1 2	3 4 5	6 7	8 9 10			
Stress Level:	1 2	3 4 5	6 7	8 9 10			
Notes: (Cravin	gs, Ma	ajor Brea	akthro	ughs, Tou	gh Spot	s, Sym _]	ptoms):

Day 60 Week 9		Date					Weight
Meals:							
Snacks:							
Sleep: HOURS: 4 5 COMMENTS:			C)UALITY:		••	
Movement:							
Energy Level:	1 2 3	3 4 5	6 7	8 9 10			
Stress Level:	1 2 3	3 4 5	6 7	8 9 10			
Notes: (Cravi	ngs, Maj	or Breal	kthro	ughs, Tou	ıgh Spot	s, Sym _l	ptoms):

60 DAY CHECK-IN

How is it going? Do you need to readjust your goals? Or are you still on track?

Look back at your symptoms from Week 1. Do you still have all of them? If not, which ones are gone? What about from Day 30?

Any new symptoms? (This is perfectly normal - as you become more in tune with your body you'll notice more and more and sometimes even get super nitpicky.)



Weight is not everything and it might not even be important if you are trying to rid your body of inflammation. Once the body heals, it will "right size" itself. If you are keeping track though, write your starting weight and your 30 and 60 day weights below.

Starting Weight	
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Dav 30 \	Weight	

Day 60 Weight	
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Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Be proud of every step you take towards your goal"

Snacks: Sleep: HOURS: 4 5 6 7 8 9 10 QUALITY: ② ② COMMENTS: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10 Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):	Meals:			
Sleep: HOURS: 4 5 6 7 8 9 10 QUALITY: COMMENTS: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10				
Sleep: HOURS: 4 5 6 7 8 9 10 QUALITY: COMMENTS: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10				
Sleep: HOURS: 4 5 6 7 8 9 10 QUALITY: COMMENTS: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10				
Sleep: HOURS: 4 5 6 7 8 9 10 QUALITY: COMMENTS: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10				
HOURS: 4 5 6 7 8 9 10 QUALITY: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	Snacks:			
Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	Sleep:			
Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	HOURS: 4 5	6 7 8 9 10	QUALITY:	
Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	COMMENTS:			
Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10				
Stress Level: 1 2 3 4 5 6 7 8 9 10	Movement:			
Stress Level: 1 2 3 4 5 6 7 8 9 10				
Stress Level: 1 2 3 4 5 6 7 8 9 10				
Stress Level: 1 2 3 4 5 6 7 8 9 10				
	Energy Level:	1 2 3 4 5 6	7 8 9 10	
	Character Land	1 2 2 4 5 6	7 0 0 10	
Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):	Stress Level:	1 2 3 4 5 6	/ 8 9 10	
	Notes: (Cravin	ıgs, Major Breakth	nroughs, Tough S	pots, Symptoms):
	,			



Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

eep: OURS: 4 5 6 7 8 9 10 QUALITY: OMMENTS: lovement: nergy Level: 1 2 3 4 5 6 7 8 9 10 tress Level: 1 2 3 4 5 6 7 8 9 10		
leep: COURS: 4 5 6 7 8 9 10 QUALITY: O O O O O O O O O O O O O O O O O O	leals:	
eep: OURS: 4 5 6 7 8 9 10 QUALITY: OMMENTS: lovement: nergy Level: 1 2 3 4 5 6 7 8 9 10 tress Level: 1 2 3 4 5 6 7 8 9 10		
eep: OURS: 4 5 6 7 8 9 10 QUALITY: OMMENTS: lovement: nergy Level: 1 2 3 4 5 6 7 8 9 10 tress Level: 1 2 3 4 5 6 7 8 9 10		
leep: OURS: 4 5 6 7 8 9 10 QUALITY: OMMENTS: Inergy Level: 1 2 3 4 5 6 7 8 9 10 tress Level: 1 2 3 4 5 6 7 8 9 10		
MOURS: 4 5 6 7 8 9 10 QUALITY: Movement: Inergy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10		
leep: HOURS: 4 5 6 7 8 9 10	nacks:	
HOURS: 4 5 6 7 8 9 10 QUALITY:		
Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	Sleep:	
Stress Level: 1 2 3 4 5 6 7 8 9 10	HOURS: 4 5 6 7 8 9 10 QUALIT	
Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	COMMENTS:	
Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10		
Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10 Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):	Aovement:	
Stress Level: 1 2 3 4 5 6 7 8 9 10		
Stress Level: 1 2 3 4 5 6 7 8 9 10		
Stress Level: 1 2 3 4 5 6 7 8 9 10		
	Energy Level: 1 2 3 4 5 6 7 8 9 7	10
Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):	Stress Level: 1 2 3 4 5 6 7 8 9 3	10
	Notes: (Cravings, Major Breakthroughs, T	Fough Spots, Symptoms):

Shacks: HOURS: 4 5 6 7 8 9 10 QUALITY: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10 Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):	1eals:
Sleep: HOURS: 4 5 6 7 8 9 10 QUALITY: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	
Stress Level: 1 2 3 4 5 6 7 8 9 10	
COMMENTS: 1 2 3 4 5 6 7 8 9 10 QUALITY: (1) (2) (2) (3) (4)	
HOURS: 4 5 6 7 8 9 10 QUALITY: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	nacks:
Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	leep:
Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	
Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	
Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	Movement:
Stress Level: 1 2 3 4 5 6 7 8 9 10	
Stress Level: 1 2 3 4 5 6 7 8 9 10	
Stress Level: 1 2 3 4 5 6 7 8 9 10	
	Energy Level: 1 2 3 4 5 6 7 8 9 10
Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):	Stress Level: 1 2 3 4 5 6 7 8 9 10
	Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

Day 66 Week 10			-	Da	te										_	Wei	ght
Meals:																	
Snacks:																	
Sleep:																	
HOURS: 4 5 COMMENTS: _										TY:	•	•		••		••	
Movement:																	
Energy Level:	1	2	3	4	5	6	7	8	9	10							
Stress Level:	1	2	3	4	5	6	7	8	9	10							
Notes: (Cravin	gs,	Mą	jor	Br	'eal	kth	roi	ugh	lS,	Tou	gh S	gbo.	ts,	Syr.	np	toms)°.

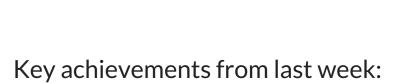
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Movement:													
Energy Level:	1	2	3	4	5	6	7	8	9	10			
			3	4	5	6	7	8	9	10			
Stress Level:	1		\cup										

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

"Never let those who lack belief in themselves rob you of yours" - Dorian Yates





Symptoms experienced last week:

Goals for the coming week:

Meals:				
Snacks:				
Sleep:				
HOURS: 4 5	6 7 8 9 10	QUALITY:		
<u> </u>				
Francis and	1 2 2 4 5 6	7 0 0 10		
Energy Levei:	1 2 3 4 5 6) / 8 9 10		
Stress Level:	1 2 3 4 5 6	7 8 9 10		
	7 (T) 1 1.			1
Notes: (Cravir	ngs, Major Breaktl	nrougns, Ioug	gn Spots, St	ymptoms):

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	678910			
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nergy Level:	1 2 3 4 5	6 7 8 9 10		
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Notes: (Cravi	ngs, Major Break	throughs, Tou	gh Spots,	Symptoms):

1eals:					
nacks:					
	6 7 8 9 10			••	
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inergy Level:	1 2 3 4 5	6 7 8 9 10			
itress Level:	1 2 3 4 5	6 7 8 9 10			
Notes: (Cravir	ngs, Major Breal	kthroughs, Tou	gh Spots	s, Symp	otoms):

Date

Weight

Snacks:	Meals:							
Sileep: HOURS: 4 5 6 7 8 9 10 QUALITY: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10								
Sileep:								
Sleep: HOURS: 4 5 6 7 8 9 10 QUALITY: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10								
Sileep: HOURS: 4 5 6 7 8 9 10 QUALITY: COMMENTS: Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10								
HOURS: 4 5 6 7 8 9 10 QUALITY:	Snacks:							
Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	Sleep:							
Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	HOURS: 4 5 6	5 7 8 9	9 10	QUAL	ITY:		$\left(\begin{array}{c} \bullet \bullet \end{array}\right)$	
Movement: Energy Level: 1 2 3 4 5 6 7 8 9 10 Stress Level: 1 2 3 4 5 6 7 8 9 10	COMMENTS:				· ·			
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Stress Level: 1 2 3 4 5 6 7 8 9 10	Movement:							
Stress Level: 1 2 3 4 5 6 7 8 9 10								
	Energy Level:	1 2 3	4 5 6	7 8 9	10			
Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):	Stress Level:	1 2 3	4 5 6	7 8 9	10			
	Notes: (Craving	gs, Major	Breakth	nroughs.	, Tough	Spots	, Symr	otoms):

Day 75 Week 11		Date				Weight
Meals:						
Snacks:						
Sleep: Hours: 4 5 Comments:			QUALI	TY: ••		
Movement:						
Energy Level:	1 2 3	3 4 5 6	5 7 8 9	10		
Stress Level: Notes: (Cravir					s, Symp	otoms):

Energy Level: 1 2 3 4 5 6 7 8 9 10

Stress Level: 1 2 3 4 5 6 7 8 9 10

Notes: (Cravings, Major Breakthroughs, Tough Spots, Symptoms):

∕leals:	
Sleep:	
HOURS: 4 5	6 7 8 9 10 QUALITY: ••• •••
COMMENTS:	
Movement:	
Energy Level:	1 2 3 4 5 6 7 8 9 10
Stress Level:	1 2 3 4 5 6 7 8 9 10
Notes: (Cravir	ngs, Major Breakthroughs, Tough Spots, Symptoms):



Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Meals:	
Snacks:	
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Sleep:	
	6 7 8 9 10 QUALITY: ••• •••
COMMENTS:	
Movement:	
Energy Level:	1 2 3 4 5 6 7 8 9 10
Stress Level:	1 2 3 4 5 6 7 8 9 10
Notes (Cravir	ngs, Major Breakthroughs, Tough Spots, Symptoms):
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Day 79 Week 12			Date							Weight
Meals:										
Snacks:										
Sleep:										
HOURS: 4 5 COMMENTS:									••	
Movement:										
Energy Level:	1	2 3	4 5	6	7	8 9	9 10			
Stress Level:	1	2 3	4 5	6	7	8 (9 10			
Notes: (Cravir	ngs, I	//ajor	Brea	akth	rou	ghs	s, Tou	gh Spc	ts, Syı	mptoms):

1eals:				
nacks:				
	678910			
lovement:				
nergy Level:	1 2 3 4 5	6 7 8 9 10		
itress Level:	1 2 3 4 5	6 7 8 9 10		
Notes: (Cravi	ngs, Major Break	throughs, Tou	gh Spots,	Symptoms):

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nacks:					
	6 7 8 9 10			••	
lovement:					
inergy Level:	1 2 3 4 5	6 7 8 9 10			
itress Level:	1 2 3 4 5	6 7 8 9 10			
Notes: (Cravir	ngs, Major Breal	kthroughs, Tou	gh Spots	s, Symp	otoms):

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HOURS: 4 5 COMMENTS: _											•)	(.	••	(•	•
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Stress Level:	1	2	3	4 5	6	7	8	9	10						
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HOURS: 4 5	6 7 8 9 10 QUALITY: ••• •••
COMMENTS:	<u> </u>
Movement:	
Energy Level:	1 2 3 4 5 6 7 8 9 10
Stress Level:	1 2 3 4 5 6 7 8 9 10
Notes: (Cravii	ngs, Major Breakthroughs, Tough Spots, Symptoms):





Key achievements from last week:

Symptoms experienced last week:

Goals for the coming week:

Day 85 Week 13		Date					Weight
Meals:							
Snacks:							
Sleep: Hours: 4 5 Comments:			QUA	LITY:		•••	
Movement:							
Energy Level:	1 2	3 4 5 6	5 7 8	9 10			
Stress Level: Notes: (Cravir					h Spots	s, Sym _l	ptoms):

Meals: Snacks: Sleep: HOURS: 4 5 6 7 8 9 COMMENTS: Movement:				
Sleep: HOURS: 4 5 6 7 8 9 COMMENTS:				
Sleep: HOURS: 4 5 6 7 8 9 COMMENTS:				
Sleep: HOURS: 4 5 6 7 8 9 COMMENTS:				
HOURS: 4 5 6 7 8 9 COMMENTS:				
COMMENTS:				
Movement:		JALITY: (
Energy Level: 1 2 3	4 5 6 7 8	8 9 10		
Stress Level: 1 2 3				
Notes: (Cravings, Major	Breakthroug	ghs, Tough	Spots, Sym	ptoms):

Date

Weight

Snacks:Sleep: HOURS: 4 5 6 7 8 COMMENTS: Movement: Energy Level: 1 2 Stress Level: 1 2	8 9 10		QUA	LITY:			
Sleep: HOURS: 4 5 6 7 8 COMMENTS: Movement: Energy Level: 1 2	8 9 10		QUA	LITY:			
Sleep: HOURS: 4 5 6 7 8 COMMENTS: Movement: Energy Level: 1 2	8 9 10		QUA	LITY:			
Sleep: HOURS: 4 5 6 7 8 COMMENTS: Movement: Energy Level: 1 2	8 9 10		QUA	LITY:		•••	
HOURS: 4 5 6 7 8 COMMENTS: Movement: Energy Level: 1 2						••	
HOURS: 4 5 6 7 8 COMMENTS: Movement: Energy Level: 1 2						••	
Movement: Energy Level: 1 2							
Energy Level: 1 2							
Energy Level: 1 2							
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Notes: (Cravings, Ma	aior Brea	kthrc	nıohs	s Tolia	rh Snat	ts Svm	ntoms)·
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90 DAY CHECK-IN

How is it going? Do you need to readjust your goals? Or are you still on track?

Look back at your symptoms from Week 1. Do you still have all of them? If not, which ones are gone? What about from Day 30?

Any new symptoms? (This is perfectly normal - as you become more in tune with your body you'll notice more and more and sometimes even get super nitpicky.)



Weight is not everything and it might not even be important if you are trying to rid your body of inflammation. Once the body heals, it will "right size" itself. If you are keeping track though, write your starting weight and your 30 and 60 day weights below.

Starting Weight	
-----------------	--

Day	/ 30 Weig	nt	

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