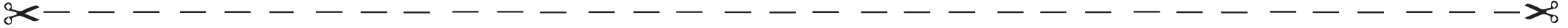


3 Progress

Progress Table Week Four



	Thursday 22/9	Friday 23/9	Saturday 24/9	Sunday 25/9	Monday 26/9	Tuesday 27/9	Wednesday 28/9
Did you follow The One Line Rule?							
What did you eat?							
How much sugar did you consume?							
Exercise (What did you do? How long?)							
Describe your energy levels.							
Describe your mood.							
Hours of sleep.							
What times were you hungry?							
Sugar Cravings (What time? How Extreme?)							