

MEASUREMENTS

	My Weight (lbs)	My Waist Size	My Hip Width	My Thigh Width	My Blood Pressure	My Blood Sugar (this is done ideally before breakfast and repeated 2 hours after you have eaten).
Before						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
After						
Difference Day 1 to 10						

LIFESTYLE

	How much sleep I got the night before and how well I slept (deeply or restlessly)	How many minutes of exercise I did today.	What type of exercise (interval or strength training)	How many minutes I spent on relaxation practices	What type of relaxation I used (mediation, Take 5, etc.)	Observations from this section.
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						

SUPPLEMENTS

	Before Breakfast: PGX (2.5-5 grams just before meal)	With Breakfast: Purelean Pack & Vitamin D3	At Lunch: PGX (2.5-5 grams just before meal)	At Dinner: PGX (2.5-5 grams just before meal)
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FOOD DIARY

Day 1

	Breakfast (Shake)	Mid-Morning Snack (1 ounce raw nuts and/or seeds)	Lunch (Soup, Dr. Hyman's salad bar or Adventure Plan)	Afternoon Snack (Smear or spread with mixed crudite)	Dinner (Core or adventure plan)
Food I ate & beverages I drank					
Time I ate & time I drank					
My hunger level on a scale of 1-10					
My mood level on a scale of 1-10					
My stress level on a scale of 1-10					
My emotional well-being on a scale of 1-10					
I wasn't hungry. My alternative source of nourishment was...					
Did I take PGX before this meal?					
Daily comments or notes					

FOOD DIARY... Continued

Day 2

	Breakfast (Shake)	Mid-Morning Snack (1 ounce raw nuts and/or seeds)	Lunch (Soup, Dr. Hyman's salad bar or Adventure Plan)	Afternoon Snack (Smear or spread with mixed crudite)	Dinner (Core or adventure plan)
Food I ate & beverages I drank					
Time I ate & time I drank					
My hunger level on a scale of 1-10					
My mood level on a scale of 1-10					
My stress level on a scale of 1-10					
My emotional well-being on a scale of 1-10					
I wasn't hungry. My alternative source of nourishment was...					
Did I take PGX before this meal?					
Daily comments or notes					

FOOD DIARY... Continued

Day 3

	Breakfast (Shake)	Mid-Morning Snack (1 ounce raw nuts and/or seeds)	Lunch (Soup, Dr. Hyman's salad bar or Adventure Plan)	Afternoon Snack (Smear or spread with mixed crudite)	Dinner (Core or adventure plan)
Food I ate & beverages I drank					
Time I ate & time I drank					
My hunger level on a scale of 1-10					
My mood level on a scale of 1-10					
My stress level on a scale of 1-10					
My emotional well-being on a scale of 1-10					
I wasn't hungry. My alternative source of nourishment was...					
Did I take PGX before this meal?					
Daily comments or notes					

FOOD DIARY... Continued

Day 4

	Breakfast (Shake)	Mid-Morning Snack (1 ounce raw nuts and/or seeds)	Lunch (Soup, Dr. Hyman's salad bar or Adventure Plan)	Afternoon Snack (Smear or spread with mixed crudite)	Dinner (Core or adventure plan)
Food I ate & beverages I drank					
Time I ate & time I drank					
My hunger level on a scale of 1-10					
My mood level on a scale of 1-10					
My stress level on a scale of 1-10					
My emotional well-being on a scale of 1-10					
I wasn't hungry. My alternative source of nourishment was...					
Did I take PGX before this meal?					
Daily comments or notes					

FOOD DIARY... Continued

Day 5

	Breakfast (Shake)	Mid-Morning Snack (1 ounce raw nuts and/or seeds)	Lunch (Soup, Dr. Hyman's salad bar or Adventure Plan)	Afternoon Snack (Smear or spread with mixed crudite)	Dinner (Core or adventure plan)
Food I ate & beverages I drank					
Time I ate & time I drank					
My hunger level on a scale of 1-10					
My mood level on a scale of 1-10					
My stress level on a scale of 1-10					
My emotional well-being on a scale of 1-10					
I wasn't hungry. My alternative source of nourishment was...					
Did I take PGX before this meal?					
Daily comments or notes					

FOOD DIARY... Continued

Day 6

	Breakfast (Shake)	Mid-Morning Snack (1 ounce raw nuts and/or seeds)	Lunch (Soup, Dr. Hyman's salad bar or Adventure Plan)	Afternoon Snack (Smear or spread with mixed crudite)	Dinner (Core or adventure plan)
Food I ate & beverages I drank					
Time I ate & time I drank					
My hunger level on a scale of 1-10					
My mood level on a scale of 1-10					
My stress level on a scale of 1-10					
My emotional well-being on a scale of 1-10					
I wasn't hungry. My alternative source of nourishment was...					
Did I take PGX before this meal?					
Daily comments or notes					

FOOD DIARY... Continued

Day 7

	Breakfast (Shake)	Mid-Morning Snack (1 ounce raw nuts and/or seeds)	Lunch (Soup, Dr. Hyman's salad bar or Adventure Plan)	Afternoon Snack (Smear or spread with mixed crudite)	Dinner (Core or adventure plan)
Food I ate & beverages I drank					
Time I ate & time I drank					
My hunger level on a scale of 1-10					
My mood level on a scale of 1-10					
My stress level on a scale of 1-10					
My emotional well-being on a scale of 1-10					
I wasn't hungry. My alternative source of nourishment was...					
Did I take PGX before this meal?					
Daily comments or notes					

FOOD DIARY... Continued

Day 8

	Breakfast (Shake)	Mid-Morning Snack (1 ounce raw nuts and/or seeds)	Lunch (Soup, Dr. Hyman's salad bar or Adventure Plan)	Afternoon Snack (Smear or spread with mixed crudite)	Dinner (Core or adventure plan)
Food I ate & beverages I drank					
Time I ate & time I drank					
My hunger level on a scale of 1-10					
My mood level on a scale of 1-10					
My stress level on a scale of 1-10					
My emotional well-being on a scale of 1-10					
I wasn't hungry. My alternative source of nourishment was...					
Did I take PGX before this meal?					
Daily comments or notes					

FOOD DIARY... Continued

Day 9

	Breakfast (Shake)	Mid-Morning Snack (1 ounce raw nuts and/or seeds)	Lunch (Soup, Dr. Hyman's salad bar or Adventure Plan)	Afternoon Snack (Smear or spread with mixed crudite)	Dinner (Core or adventure plan)
Food I ate & beverages I drank					
Time I ate & time I drank					
My hunger level on a scale of 1-10					
My mood level on a scale of 1-10					
My stress level on a scale of 1-10					
My emotional well-being on a scale of 1-10					
I wasn't hungry. My alternative source of nourishment was...					
Did I take PGX before this meal?					
Daily comments or notes					

FOOD DIARY... Continued

Day 10

	Breakfast (Shake)	Mid-Morning Snack (1 ounce raw nuts and/or seeds)	Lunch (Soup, Dr. Hyman's salad bar or Adventure Plan)	Afternoon Snack (Smear or spread with mixed crudite)	Dinner (Core or adventure plan)
Food I ate & beverages I drank					
Time I ate & time I drank					
My hunger level on a scale of 1-10					
My mood level on a scale of 1-10					
My stress level on a scale of 1-10					
My emotional well-being on a scale of 1-10					
I wasn't hungry. My alternative source of nourishment was...					
Did I take PGX before this meal?					
Daily comments or notes					