

Sheet 1: For monitoring daily progress during the first 14 days of the Strict Adjustment Phase.

If possible, please record your progress daily during the first 14 days of the Strict Conversion Phase. This is beneficial to document changes and to discuss issues and progress with your coach. Preferably measure and enter the values before breakfast.

Days	Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Weight in kg	95	93.9	93.1	92.6	92.1	91.8	91.6								
Blood Pressure ****				130/86	121/77	125/81	128/84								
Blood Glucose ****					5.8	5.6	5.8								
Pulse ****				74	79	73	79								
Water intake (litres)		3 1/4	3 1/4	3 1/4	3 1/4	3 1/4	3 1/4								
General Well-Being		2	2	2	2	3	2								
Fatigue		4	4	2	2	3	3								
Sleep		2	2	2	2	2	2								
Headache		5	5	2	1	2	1								
Joint Pain		3	3	3	3	3	3								
Acid Reflux		1	1	1	1	1	1								
Digestion		1	1	1	2	3	3								
Allergy / Allergies		1	1	1	1	1	1								
Skin		2	2	2	2	2	3								

When evaluating your progress, use a scale of 1 to 5. For example, a 1 stands for no fatigue and a 5 stands for extreme fatigue. Use the smileys for guidance, and if you are uncertain, ask your coach for assistance.

😊 = 1 😊 = 2 😐 = 3 😞 = 4 😫 = 5

BODY MEASUREMENT TRACKER

	DAY 0	DAY 7	DAY 14	DAY 21	DAY 28	WEEK 5
WEIGHT	95.	91.6				
CHEST	123	120				
LEFT ARM	34	34				
RIGHT ARM	34	32				
WAIST	117	115				
HIPS	122	120				
LEFT THIGH	63	61				
RIGHT THIGH	63	62				
LEFT CALF	39	38				
RIGHT CALF	39	38				