

Summary Statement:

One CF meal offers the best digestive advantages

Life Transforming Diet - Personal Ledger

Weekly Weight			Weekly Total	
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Week 4

Principles	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Light/HWC Meal								
Exercise (10 min cardio)								
Substitution Method								
One CF Meal								
Substitution Method								
Substitution Method								
How many glasses of water								
Notes								
Where								
Emotion								
Activity								
Notes								
Where								
Emotion								
Activity								
More Notes								