

**Sample Summary Statement:** The preservation of health lies in abstaining from satiation.

| Life Transforming Diet - Personal Ledger   |                  |     |         |     |         |         |         |                 |
|--|------------------|-----|---------|-----|---------|---------|---------|-----------------|
| Weekly Weight:<br><b>145 Pounds</b>  | PHASE 1 - Week 5 |     |         |     |         |         |         | WEEKLY TOTAL: 4 |
| <i>Principles</i>  | Sun              | Mon | Tues    | Wed | Thurs   | Fri     | Sat     | <b>Total</b>    |
| Continue with:<br>High Water Content meal<br>once a day  | √                | √   | √       | √   | √       | √       | √       | 0               |
| Continue with:<br>5-10 minutes of cardio<br>five times a week  | √                | √   | √       | √   | 1       | √       | √       | 1               |
| <b>NEW PRINCIPLE:</b><br>Light One CF Meal   | √                | √   | √       | √   | √       | 1       | √       | 1               |
| Continue with:<br>'Substitution' between<br>Meals  | √                | √   | 1       | √   | √       | √       | 1       | 2               |
| Continue with:<br>Main One CF Meal   | √                | √   | √       | √   | √       | √       | √       | 0               |
| How many glasses of<br>water   | 5                | 7   | 6       | 6   | 6       | 5       | 5       |                 |
| <b>NOTES</b>   |                  |     |         |     |         |         |         |                 |
| Where  |                  |     | Outing  |     | Work    | Kitchen | Home    |                 |
| Emotion  |                  |     | Craving |     | Tense   | Craving | Craving |                 |
| Activity   |                  |     | Kids    |     | Project | Tense   | Bored   |                 |
| <b>NOTES</b>   |                  |     |         |     |         |         |         |                 |
| Where  |                  |     |         |     |         |         |         |                 |
| Emotion  |                  |     |         |     |         |         |         |                 |
| Activity   |                  |     |         |     |         |         |         |                 |
| <b>MORE NOTES</b>  |                  |     |         |     |         |         |         |                 |
| <p>I am finding between meals a challenge especially when I am home and in the kitchen. I think that part of the solution is to have my snacks prepared and ready to eat...</p> <p>Exercise is a challenge when my workload increases and I have to meet deadlines. I need to contemplate the fact that when I exercise I am much more productive at work...</p> |                  |     |         |     |         |         |         |                 |