

31- DAY SUCCESS DIARY

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
DAY 29	DAY 30	DAY 31	LEGEND FIRST MEAL (*Started Eating Today At...*) TOTAL FASTING TIME (Hours Since Last Meal) LAST MEAL (*Stopped Eating Today At*) WEIGHT (Days 1, 8, 15, 21 and 31) SCORE A = EASY B = OK C = DIFFICULT			