

METABOLISM RESET DIET: 21 DAY JOURNAL



WEEK 1: JOURNAL & NOTES

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DATE _____	DATE _____	DATE _____	DATE _____	DATE _____	DATE _____	DATE _____
RHR _____	RHR _____	RHR _____	RHR _____	RHR _____	RHR _____	RHR _____
WAIST _____	WAIST _____	WAIST _____	WAIST _____	WAIST _____	WAIST _____	WAIST _____
SCORE _____	SCORE _____	SCORE _____	SCORE _____	SCORE _____	SCORE _____	SCORE _____

NOTES:

WEEK 2: JOURNAL & NOTES

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DATE _____	DATE _____	DATE _____	DATE _____	DATE _____	DATE _____	DATE _____
RHR _____	RHR _____	RHR _____	RHR _____	RHR _____	RHR _____	RHR _____
WAIST _____	WAIST _____	WAIST _____	WAIST _____	WAIST _____	WAIST _____	WAIST _____
SCORE _____	SCORE _____	SCORE _____	SCORE _____	SCORE _____	SCORE _____	SCORE _____

NOTES:

WEEK 3: JOURNAL & NOTES

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DATE _____	DATE _____	DATE _____	DATE _____	DATE _____	DATE _____	DATE _____
RHR _____	RHR _____	RHR _____	RHR _____	RHR _____	RHR _____	RHR _____
WAIST _____	WAIST _____	WAIST _____	WAIST _____	WAIST _____	WAIST _____	WAIST _____
SCORE _____	SCORE _____	SCORE _____	SCORE _____	SCORE _____	SCORE _____	SCORE _____

NOTES:
