

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	168	167.7	166.5	165.1	164.9	164.8	164.8	164.5	164.4	163.8	163.1	162.9	162.5	162.2	161.9
Blood Pressure		120/80													
Blood Glucose		6.3	6.3	6.4	6.4	6.9	6.8	5.7	5.9	5.2	5.2	5.0	6.0	6.2	5.0
Pulse															
Water intake (litres)		3.8	4	4	4	4	4	4	4	4	4	4	4	4	4
General Well-Being		3	3	3	3	3	2	2	2	2	2	2	2	2	2
Fatigue		3	3	3	3	2	2	2	2	2	2	2	2	2	2
Sleep		2	2	2	2	2	2	2	2	2	2	2	2	2	2
Headache		4	3	3	2	2	2	3	2	2	2	2	2	2	2
Joint Pain		3	3	3	2	2	2	3	2	3	2	2	2	2	2
Acid Reflux															
Digestion															
Allergy / Allergies															
Skin															

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

Daily Progress Report
Phase 2: Strict Conversion Phase

15 16 17
161.2 160.9 157 4.9