TRACK YOUR LIFESTYLE CHANGES

Which three lifestyle changes did you choose to adopt?

Drink 5 (12 oz.) Glasses of Water

Avoid Sugary Drinks

Walk 7,500 Steps

Don't Eat Fried Foods

Eliminate White Flour, Rice & Sugar

WEEK 1	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Did you take your 3 Lean Body System products?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Did you achieve your first lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Did you achieve your second lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Did you achieve your third lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Rate your energy levels.	1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5	
Rate your mood.	1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5	
Have you noticed a reduction in cravings?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Do you feel better overall?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N

WEEK 2	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Did you take your 3 Lean Body System products?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Did you achieve your first lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Did you achieve your second lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Did you achieve your third lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Rate your energy levels.	1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5	
Rate your mood.	1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5	
Have you noticed a reduction in cravings?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Do you feel better overall?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N

WEEK 3	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Did you take your 3 Lean Body System products?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Did you achieve your first lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Did you achieve your second lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Did you achieve your third lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Rate your energy levels.	1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5	
Rate your mood.	1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5	
Have you noticed a reduction in cravings?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Do you feel better overall?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N

WEEK 4	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Did you take your 3 Lean Body System products?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Did you achieve your first lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Did you achieve your second lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Did you achieve your third lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Rate your energy levels.	1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5	
Rate your mood.	1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5	
Have you noticed a reduction in cravings?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Do you feel better overall?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N