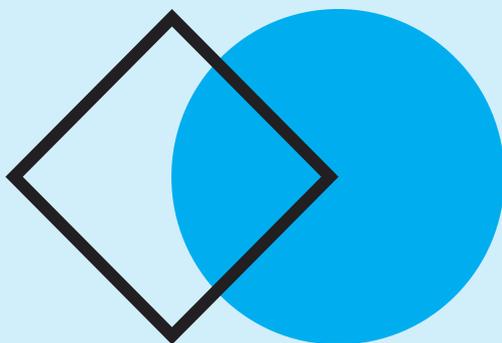


IDEAL  **PROTEIN**

Stabilization

Phase 2



My Daily Journal



Phase 2

Congratulations on your weight loss.

We wish you continued success and hope you're finding the protocol easy to follow. You've been through the process of moving into ketosis, and continuing to write down your food and progress is a testament to all your hard work. Keep on moving forward—you're steps away from your goal.

You got this.

Use this planner for self-care, reflection, and, most of all, success. Want to know how you're tracking?

Write it down.

Appointments

Notes

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(See your Quick Reference Sheet)

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Within a couple hours after eating, my hunger is intense and I feel lightheaded

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No cravings

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Once or twice a day, easy to manage

3

A few times a day, need to distract myself

4

Throughout the day, difficult to manage

5

Intense, unable to resist

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Hunger Scale



I often have to remind myself to eat



I can go up to 3 hours before signs of hunger kick in!



Just a couple hours after eating, my stomach starts to growl



Within a couple hours after eating, my stomach is growling and I feel irritable



Within a couple hours after eating, my hunger is intense and I feel lightheaded

Cravings Scale

1

No cravings

2

Once or twice a day, easy to manage

3

A few times a day, need to distract myself

4

Throughout the day, difficult to manage

5

Intense, unable to resist

Activity Level Sedentary Lightly active Moderately active Very active

Activity

Discuss with my coach

Sleep I slept for _____ hours

Uninterrupted Woke up once or more

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(See your Quick Reference Sheet)

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