

1ST WEEK DETOX LOG

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|-------|---------|--|-----------|----------------|
| DAY 1 | DATE: | | WATER: | |
| | WEIGHT: | | DETOX I | CEREBROMAX |
| | DAY: | | DETOX II | SPINALMAX |
| | +/- | | DETOX III | MATRIX SUPPORT |

NOTES:

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|-------|---------|--|-----------|----------------|
| DAY 2 | DATE: | | WATER: | |
| | WEIGHT: | | DETOX I | CEREBROMAX |
| | DAY: | | DETOX II | SPINALMAX |
| | +/- | | DETOX III | MATRIX SUPPORT |

NOTES:

| | | | | |
|-------|---------|--|-----------|----------------|
| DAY 3 | DATE: | | WATER: | |
| | WEIGHT: | | DETOX I | CEREBROMAX |
| | DAY: | | DETOX II | SPINALMAX |
| | +/- | | DETOX III | MATRIX SUPPORT |

NOTES:

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|-------|---------|--|-----------|----------------|
| DAY 4 | DATE: | | WATER: | |
| | WEIGHT: | | DETOX I | CEREBROMAX |
| | DAY: | | DETOX II | SPINALMAX |
| | +/- | | DETOX III | MATRIX SUPPORT |

NOTES:

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|-------|---------|--|-----------|----------------|
| DAY 5 | DATE: | | WATER: | |
| | WEIGHT: | | DETOX I | CEREBROMAX |
| | DAY: | | DETOX II | SPINALMAX |
| | +/- | | DETOX III | MATRIX SUPPORT |

NOTES:

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|-------|---------|--|-----------|----------------|
| DAY 6 | DATE: | | WATER: | |
| | WEIGHT: | | DETOX I | CEREBROMAX |
| | DAY: | | DETOX II | SPINALMAX |
| | +/- | | DETOX III | MATRIX SUPPORT |

NOTES:

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|-------|---------|--|-----------|----------------|
| DAY 7 | DATE: | | WATER: | |
| | WEIGHT: | | DETOX I | CEREBROMAX |
| | DAY: | | DETOX II | SPINALMAX |
| | +/- | | DETOX III | MATRIX SUPPORT |

NOTES:

DAILY WEIGHT & FOOD LOG * BEGIN METABOLIC SUPPORT

| | | | | | |
|--------------|---------|--|--------------------------------------|--|--|
| DAY 1 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | MODERATE CALORIE DIET = EAT NORMALLY | | |
| | DAY: | | LOW CALORIE DIET = LOAD DAY #1 | | |
| | +/- | | | | |

NOTES:

| | | | | | |
|--------------|---------|--|--------------------------------------|--|--|
| DAY 2 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | MODERATE CALORIE DIET = EAT NORMALLY | | |
| | DAY: | | LOW CALORIE DIET = LOAD DAY #2 | | |
| | +/- | | | | |

NOTES:

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|--------------|---------|--|----------------|--|--|
| DAY 3 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

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|--------------|---------|--|----------------|--|--|
| DAY 4 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

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|--------------|---------|--|----------------|--|--|
| DAY 5 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

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|--------------|---------|--|----------------|--|--|
| DAY 6 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

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|--------------|---------|--|----------------|--|--|
| DAY 7 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

DAILY WEIGHT & FOOD LOG

| | | | | | |
|-------|---------|--|----------------|--|--|
| DAY 8 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

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|-------|---------|--|----------------|--|--|
| DAY 9 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

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|--------|---------|--|----------------|--|--|
| DAY 10 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

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|--------|---------|--|----------------|--|--|
| DAY 11 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 12 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 13 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 14 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

DAILY WEIGHT & FOOD LOG

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 15 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 16 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 17 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 18 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 19 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 20 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 21 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

DAILY WEIGHT & FOOD LOG

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 22 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 23 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 24 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 25 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 26 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 27 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 28 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

DAILY WEIGHT & FOOD LOG

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 29 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|--------|---------|--|----------------|--|--|
| DAY 30 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

NO METABOLIC SUPPORT FOR 3 DAYS - CONTINUE DIET

| | | | | | |
|-------|---------|--|----------------|--|--|
| DAY 1 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|-------|---------|--|----------------|--|--|
| DAY 2 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES:

| | | | | | |
|-------|---------|--|----------------|--|--|
| DAY 3 | DATE: | | WATER & DETOX: | | |
| | WEIGHT: | | PROTEINS: | | |
| | DAY: | | VEGETABLES: | | |
| | +/- | | FRUITS: | | |

NOTES: