

Recommended by Dr. Neesha Turner in
THE HORMONE DIET
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HORMONE DIET – 7 DAY PROGRESS TRACKING SHEET



NAME:

AGE:

HEIGHT:

START WEIGHT:

START BELLY BUTTON (BB):

TRACKING POINTS		DAY 1 – DATE:	DAY 2 – DATE:	DAY 3 – DATE:	DAY 4 – DATE:
AM	KETONES		SUPPS AM:		SUPPS AM:
	WEIGHT				
PM	DAILY DIETARY INTAKE & WATER INTAKE				
	ACTIVITY				
	HUNGER 1-10		SUPPS PM:		SUPPS PM:
	ENERGY 1-10				
	CRAVINGS 1-10				
TRACKING POINT	DAY 5 – DATE:	DAY 6 – DATE:	DAY 7 – DATE:	WEEKLY NOTES/QUESTIONS:	
AM	KETONES		SUPPS AM:		SUPPS AM:
	WEIGHT				
PM	DAILY DIETARY INTAKE & WATER INTAKE				
	BB – FRIDAY'S: _____				
	ACTIVITY				
	HUNGER 1-10		SUPPS PM:		SUPPS PM:
	ENERGY 1-10				
	CRAVINGS 1-10				

be kind. look good. feel *even* better.

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