My 28-Day Workbook: Day 1

Write down where you start. Look back on day 28 and see how far you came.

Date I start:

Why I am doing this (my own words):

My plan: Wave (weekly shot) or Plateau (daily pill)?

My starting point

Measure	Day 1	Day 28
Energy during the day (1 to 5)		
Sleep quality (1 to 5)		
Strength: how many wall push-ups or sit-to-stands		
How my clothes fit		
Number of protein-first meals this week		
Daily steps or walking minutes		
Side effects that bother me (1 to 5)		
Something I can do now that I could not before		

Tip: the scale is only one number. Write down what you can feel and do, too.

My 28-Day Workbook: Week 1

Check a box when you do it. Rate your day from 1 (rough) to 5 (great).

Day	Morning sip	Protein first	Water	Move	Feel (1-5)	Notes
Day 1	☐	☐	☐	☐		
Day 2	☐	☐	☐	☐		
Day 3	☐	☐	☐	☐		
Day 4	☐	☐	☐	☐		
Day 5	☐	☐	☐	☐		
Day 6	☐	☐	☐	☐		
Day 7	☐	☐	☐	☐		

My week in review

What went well: _____

_____

What was hard: _____

_____

My focus for next week: _____

_____

My 28-Day Workbook: Week 2

Check a box when you do it. Rate your day from 1 (rough) to 5 (great).

Day	Morning sip	Protein first	Water	Move	Feel (1-5)	Notes
Day 8	☐	☐	☐	☐		
Day 9	☐	☐	☐	☐		
Day 10	☐	☐	☐	☐		
Day 11	☐	☐	☐	☐		
Day 12	☐	☐	☐	☐		
Day 13	☐	☐	☐	☐		
Day 14	☐	☐	☐	☐		

My week in review

What went well: _____

_____

What was hard: _____

_____

My focus for next week: _____

_____

My 28-Day Workbook: Week 3

Check a box when you do it. Rate your day from 1 (rough) to 5 (great).

Day	Morning sip	Protein first	Water	Move	Feel (1-5)	Notes
Day 15	☐	☐	☐	☐		
Day 16	☐	☐	☐	☐		
Day 17	☐	☐	☐	☐		
Day 18	☐	☐	☐	☐		
Day 19	☐	☐	☐	☐		
Day 20	☐	☐	☐	☐		
Day 21	☐	☐	☐	☐		

My week in review

What went well: _____

_____

What was hard: _____

_____

My focus for next week: _____

_____

My 28-Day Workbook: Week 4

Check a box when you do it. Rate your day from 1 (rough) to 5 (great).

Day	Morning sip	Protein first	Water	Move	Feel (1-5)	Notes
Day 22	☐	☐	☐	☐		
Day 23	☐	☐	☐	☐		
Day 24	☐	☐	☐	☐		
Day 25	☐	☐	☐	☐		
Day 26	☐	☐	☐	☐		
Day 27	☐	☐	☐	☐		
Day 28	☐	☐	☐	☐		

My week in review

What went well: _____

_____

What was hard: _____

_____

My focus for next week: _____

_____

My 28-Day Workbook: Day 28 Review

Fill in the Day 28 column on the first page, then finish these.

The three habits I will keep:

The recipes I loved most:

What surprised me:

Questions and goals to discuss with my doctor:

A note to my future self: