



Start Date	Energy	Sleep	Mood	Weight					
start score									
week 1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									

Rate on a scale from 0 - 10 Think about the strength, duration and/or frequency of your symptoms.

Follow the Good Food / Bad Food list www.eiffelhealth.com/food-commandments

For your weight, blood pressure blood sugar use the actual number.



20									
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