



WEIGHT LOSS *Detective*

12 Week Weight Loss Diary



Developed by
Dr Sandra Cabot,
award winning author of The Liver Cleansing Diet



Health Supplement Suggestions

If your weight loss detective has recommended any daily health supplements which may help you with your weight loss journey, please note them down here along with the recommended dosage.

Highly Recommended

Recommended

Optional

Comments

Realistic Goal Setting

Goals are like a target you place in front of yourself.
You have to see very clearly what you are shooting for.
Write down your realistic weight loss targets after -

4 weeks	kg
---------	----

8 weeks	kg
---------	----

12 weeks	kg
----------	----

Putting it on paper helps you stay focussed and it becomes more real to you.
Share your weight loss goals with your family and closest friends.

Record your results

Week	Date	Unclothed Morning Weight	Bust or Chest (cm)	Waist (cm)	Hips (cm)	Your Physical Energy (1-10)	Weight Reduced
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Remember to weigh and measure yourself at the same time at the end of the week. Add up the total centimetres and kilograms lost each time to measure your success.

Weigh and measure only once a week. As body weight can fluctuate on a daily basis, frequent weighing and measuring can cause unnecessary frustration.

Week 1 - Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 1 - Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 1 - Day 3

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 1 - Day 4

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 1 - Day 5

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 1 - Day 6

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 1 - Day 7

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 2 - Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 2 - Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 2 - Day 3

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 2 - Day 4

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 2 - Day 5

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 2 - Day 6

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 2 - Day 7

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 3 - Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 3 - Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 3 - Day 3

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 3 - Day 4

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 3 - Day 5

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 3 - Day 6

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 3 - Day 7

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 4 - Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 4 - Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 4 - Day 3

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 4 - Day 4

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 4 - Day 5

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 4 - Day 6

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 4 - Day 7

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 5 - Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 5 - Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 5 - Day 3

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 5 - Day 4

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 5 - Day 5

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 5 - Day 6

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 5 - Day 7

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 6 - Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 6 - Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 6 - Day 3

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 6 - Day 4

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 6 - Day 5

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 6 - Day 6

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 6 - Day 7

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 7 - Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 7 - Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 7 - Day 3

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 7 - Day 4

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 7 - Day 5

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 7 - Day 6

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 7 - Day 7

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 8 - Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 8 - Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 8 - Day 3

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 8 - Day 4

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 8 - Day 5

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 8 - Day 6

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 8 - Day 7

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 9 - Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 9 - Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 9 - Day 3

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 9 - Day 4

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 9 - Day 5

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 9 - Day 6

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 9 - Day 7

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 10 - Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 10 - Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 10 - Day 3

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 10 - Day 4

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 10 - Day 5

Breakfast

Lunch

Dinner

Snacks

Drinks

Week - Day 6

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 10 - Day 7

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 11 - Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 11 - Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 11 - Day 3

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 11 - Day 4

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 11 - Day 5

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 11 - Day 6

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 11 - Day 7

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 12 - Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 12 - Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 12 - Day 3

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 12 - Day 4

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 12 - Day 5

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 12 - Day 6

Breakfast

Lunch

Dinner

Snacks

Drinks

Week 12 - Day 7

Breakfast

Lunch

Dinner

Snacks

Drinks

Synd-X™

SLIMMING Protein Powder

Synd-X Slimming Protein Powder is an ultra high protein, extremely low carb, low-fat powder. When used to make a delicious shake, it provides you with an instant source of protein and energy - without changing blood sugar or insulin response.

Include a high protein shake as part of your weight loss program and you will be less likely to experience cravings and more likely to feel fuller for longer.

Protein is important for building muscle - this helps you burn more fat because it increases metabolic rate.



Formulated by Dr Cabot, so you know it's healthy!

Check out the delicious recipes at <https://www.cabothealth.com.au/synd-x-protein-powder-recipe-ideas/>

Protein Powder	Carbohydrate	Sugars	Protein
Synd-X Vanilla (per 20g serve)	1.1g	<1g	16.2g (>80%)
Synd-X Vanilla (per 100g)	5.5g	<1g	80.9g (>80%)

FREE OF GLUTEN AND ARTIFICIAL SWEETENERS

180615

ISBN 978-1-936609-36-9



9 781936 609369 >