

Document Your Progress On Your Journey Towards Vibrant Health

Now that you've decided to change your diet and lifestyle, it's important that you document your progress. Why? Because results usually happen so gradually that you may not notice how much you've changed. Keep this chart for 6 months and you'll probably be shocked!.

Key: 1 = Improved 2 = Same 3 = Worse

Date ____ - ____ - ____	Now	1 Month	2 Months	3 Months	4 Months	5 Months	6 Months
Sense of well-being							
Fatigue easily							
Skin dryness/moisture							
Mental clarity/memory							
Headaches							
Depression							
Ability to sleep							
Weight							
Water retention							
Wrinkles							
Eyesight							
Muscle Weakness							
Cold Hands/feet							
Muscle soreness							
Digestion/elimination							
Respiration							
Back problems							
Blood pressure							
Blood sugar							
Cholesterol							

To save this form to your computer...
 Click "File" (in the upper left corner of your browser window)... then "Save As"
 Your computer will usually save it to "My Documents"... or to your Desktop.