

MONTHLY PROGRESS CHART

This chart will let you monitor your progress throughout the program. In addition, you will be able to see how the amount of processed carbohydrate you eat each day may affect your results. Graph your Total Score from the Daily Tracker onto this chart by placing a circle (•) in the appropriate place. (The example shown would indicate a Total Score of 7.) Use ink color corresponding to the number of processed carbohydrates you ate on that day as indicated on the Daily Tracker (0 to 1 – green; 2 – yellow; 3 or more – red). Each dotted vertical line represents one day. Every week, record your weight and waist circumference.

Enter your measurements before starting the program here: Weight _____ Height _____ BMI _____ Waist circumference _____

