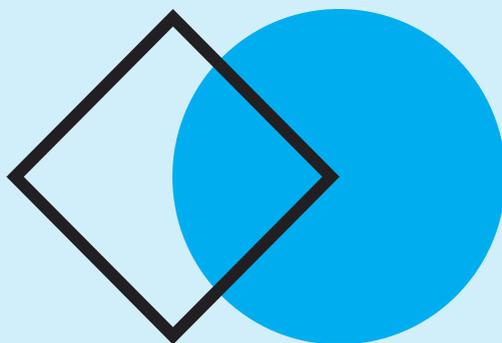


**IDEAL**  **PROTEIN**

*Stabilization*

---

**Phase 2**



*My Daily Journal*





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## **Phase 2**

### **Congratulations on your weight loss.**

We wish you continued success and hope you're finding the protocol easy to follow. You've been through the process of moving into ketosis, and continuing to write down your food and progress is a testament to all your hard work. Keep on moving forward—you're steps away from your goal.

You got this.

Use this planner for self-care, reflection, and, most of all, success. Want to know how you're tracking?

**Write it down.**





# My Daily Journal

Date \_\_\_\_\_

**Daily Servings Goal**  
(See your Quick Reference Sheet)

Protein \_\_\_\_\_ Fats \_\_\_\_\_ Net Carbs \_\_\_\_\_

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<b>Daily Servings Total</b>							

### Hunger Scale



I often have to remind myself to eat



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Just a couple hours after eating, my stomach starts to growl



Within a couple hours after eating, my stomach is growling and I feel irritable



Within a couple hours after eating, my hunger is intense and I feel lightheaded

### Cravings Scale

**1**

No cravings

**2**

Once or twice a day, easy to manage

**3**

A few times a day, need to distract myself

**4**

Throughout the day, difficult to manage

**5**

Intense, unable to resist

**Activity Level**    Sedentary    Lightly active    Moderately active    Very active

**Activity**

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Uninterrupted    Woke up once or more

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