

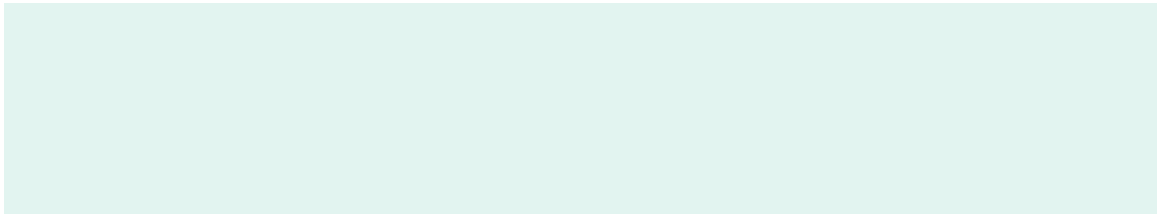
STEP 4

ONGOING ADJUSTMENTS

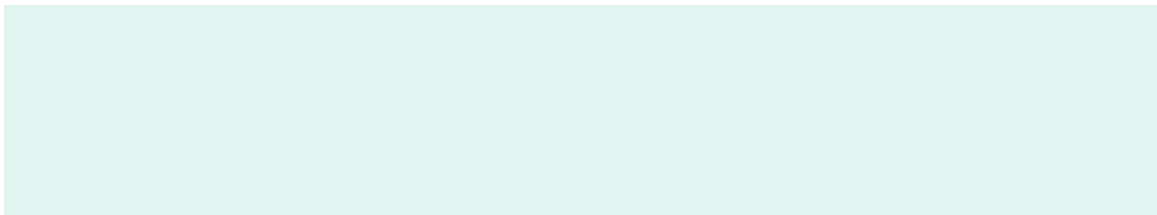
KEEP LOOKING FOR WHAT WORKS WELL FOR YOU

Print out this step, or save this to assess your progress regularly. A file which has only this step is also available for an easy print/save option. It's recommended to start with monthly reviews, but the frequency can be whatever best meets your needs. Before you work on this, set a calendar reminder to have your next review.

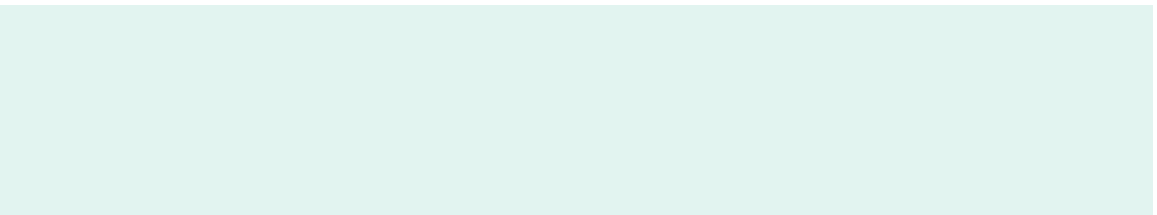
1. List the positive changes (physical, psychological, lifestyle) that you have noticed since the last time you checked your progress.



2. List the changes in your diet that you are not enjoying or are not making your life better.

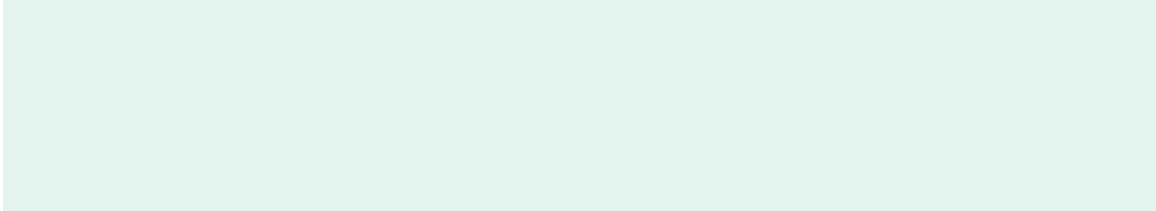


3. What could be the reasons that you (or your body) are not liking these changes?

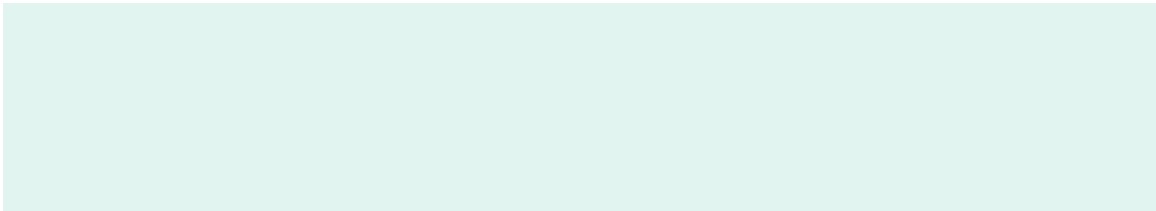


STEP 4

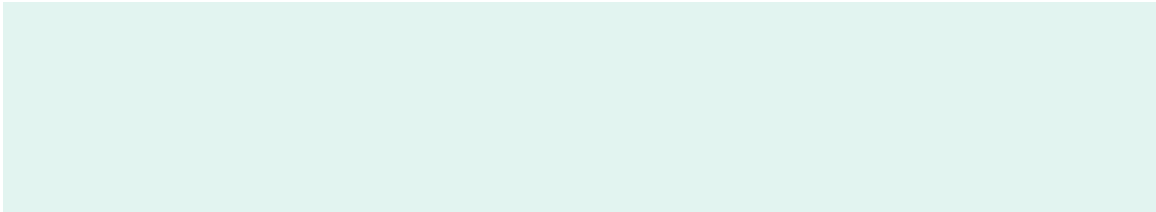
4. If this can be improved by adjusting the degree of the change, how can you do so? (e.g. adjusting the amount of protein increase)



5. If the change itself is not suitable for you, what will be the next one that you can introduce instead?



6. On the scale of 10, what score would you give yourself now?



7. Is this lifestyle sustainable for you? If yes, what score do you want to aim for in the next month? If no, how long do you feel you need to get used to it?

