



PLANNED INDULGENCE WORKSHEET

Planned Indulgence Day #1

Optional Calorie/Carb Stats

Food #1 _____

Food #2 _____

Food #3 _____

Food #4 _____

Beverage #1 _____

Beverage #2 _____

Tomorrow I will practice Level _____ Elimination

NOTES: _____

NOTE:

Ideally, do not schedule back to back indulgence days. Use the note section to comment on how you felt both physically and emotionally after your indulgence. Ask yourself questions like: Was each indulgence worth it? Do I have more cravings now? Do I have less energy? Did it impact my sleep?

Planned Indulgence Day #2

Optional Calorie/Carb Stats

Food #1 _____

Food #2 _____

Food #3 _____

Food #4 _____

Beverage #1 _____

Beverage #2 _____

Tomorrow I will practice Level _____ Elimination

NOTES: _____
