

MAKING THINGS EASY

DAILY DIARY



Daily Diary

Welcome to your daily diary - the place where you can log all your progress; what you are eating and doing each day, how you're feeling and how you are doing in the fitness tests!



BEFORE YOU START SUGAR HIIT BOOTCAMP:

If you want to record your progress throughout the bootcamp then we suggest you do a couple of things

- Take our fitness test and record your results on the next page.
- Take a few measurements and record them below. If you are unsure of where to measure just refer to your starter pack.
- Make a note of how you are currently feeling, what your habits are, and what you are hoping to achieve.

MEASUREMENTS:

CHEST	RIBS/ BACK	WAIST	BELLY BUTTON	MID HIP TO BELLY BUTTON	HIPS	BUM	RIGHT THIGH	LEFT THIGH

HOW ARE YOU FEELING?

My mood going into this bootcamp is _____

My goals over the next four weeks are _____

Some habits I would like to give up are _____

FITNESS TEST:

EXERCISE	RESULT
Press ups	
Burpees	
Plank	
Squats	
Flexibility	
DATE:	

How did you feel during the test? Is there anything you found particularly hard or easy? Any results that shocked you?

Throughout the Bootcamp we want you to be mindful of a few things:

Everybody changes in different ways and at different rates!

It could be by:

- Scales & inches
- Fitness & strength
- Speed & power
- Vitality
- Happiness
- Effort

Think about what success means to you. It could be any number of things:

- Achieving the programme
- Running for the first time
- Running 5kms
- Swimming for an hour
- Power walking for 75 minutes
- Doing 40 minutes of conditioning
- Swapping lattes for herbal teas
- Having 5 wine-free nights a week
- Canceling nights out you don't want to go to
- Early nights
- Fitting in training around children and work

This all adds up!

Day 1 - Let's Go!

Breakfast

Estimated total sugar
content:

g/tsp

Lunch

g/tsp

Dinner

g/tsp

Snacks

g/tsp

Exercise

Drinks

g/tsp

TOTAL:

g/tsp

Day of cycle:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

%

Today I felt: _____

For a reminder of how to score yourself in each category refer to your Sugar HIIT starter pack and webinars.

Day 2

Breakfast	_____	Estimated total sugar content:	_____
	_____		g/tsp
Lunch	_____		_____
	_____		g/tsp
Dinner	_____		_____
	_____		g/tsp
Snacks	_____		_____
	_____		g/tsp
Exercise	_____		

Drinks	_____		_____
	_____		g/tsp
Day of cycle:	_____	TOTAL:	<input type="text"/>
			g/tsp

Daily Wellbeing Score: Mark/10

1.	Nutrition	<input type="checkbox"/>
2.	Fitness	<input type="checkbox"/>
3.	Activity	<input type="checkbox"/>
4.	Sleep	<input type="checkbox"/>
5.	Mindset	<input type="checkbox"/>
6.	Health habits	<input type="checkbox"/>
7.	Water/hydration	<input type="checkbox"/>
8.	Rest/recovery	<input type="checkbox"/>
9.	Vitality	<input type="checkbox"/>
10.	Fun/Sex/Laughter	<input type="checkbox"/>

%

Today I felt: _____

Day 3

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

TOTAL:

Day of cycle:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt: _____

Day 4

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 5

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 6

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt: _____

Day 7

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt: _____

Day 8

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

TOTAL:

Day of cycle:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt: _____

Day 9

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt: _____

Day 10

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 11

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 12

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 13

Breakfast

Lunch

Dinner

Snacks

Exercise

Drinks

Day of cycle:

Estimated total sugar
content:

g/tsp

g/tsp

g/tsp

g/tsp

g/tsp

TOTAL:

Daily Wellbeing Score: Mark/10

1. Nutrition

2. Fitness

3. Activity

4. Sleep

5. Mindset

6. Health habits

7. Water/hydration

8. Rest/recovery

9. Vitality

10. Fun/Sex/Laughter

%

Today I felt:

Day 14

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

WELL DONE!

You have made it to the half way point of the boot-camp.

Hopefully you are feeling good, and managing to find suitable alternatives to sugar following the eating principles. Now it is time to retake your measurements, and redo the fitness test. Remember, some of you may not see a huge difference in two weeks, however if you are following the exercise plans it is likely that you will have built up some strength and endurance, and so you should score higher in the fitness tests, and be ready to take it to the next level for the final two weeks!

HOW ARE YOU FEELING?

My mood at the half way point is _____

So far I have achieved _____

Take a look at your daily wellness scores over the last two weeks, and see if any patterns are forming.

The things I need to continue to work at are _____

MEASUREMENTS:

CHEST	RIBS/ BACK	WAIST	BELLY BUTTON	MID HIP TO BELLY BUTTON	HIPS	BUM	RIGHT THIGH	LEFT THIGH

FITNESS TEST:

EXERCISE	RESULT
Press ups	
Burpees	
Plank	
Squats	
Flexibility	
DATE:	

NEVER GIVE UP ON SOMETHING YOU REALLY WANT. IT'S DIFFICULT TO WAIT, BUT IT'S MORE DIFFICULT TO REGRET.

Day 15

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 16

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 17

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Exercise _____

Drinks _____

Day of cycle: _____

Estimated total sugar
content:

_____ g/tsp

_____ g/tsp

_____ g/tsp

_____ g/tsp

_____ g/tsp

TOTAL:

Daily Wellbeing Score: Mark/10

1. Nutrition	<input type="checkbox"/>
2. Fitness	<input type="checkbox"/>
3. Activity	<input type="checkbox"/>
4. Sleep	<input type="checkbox"/>
5. Mindset	<input type="checkbox"/>
6. Health habits	<input type="checkbox"/>
7. Water/hydration	<input type="checkbox"/>
8. Rest/recovery	<input type="checkbox"/>
9. Vitality	<input type="checkbox"/>
10. Fun/Sex/Laughter	<input type="checkbox"/>

%

Today I felt: _____

Day 18

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 19

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 20

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 21

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt: _____

Day 22

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 23

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 24

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 25

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 26

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 27

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

Day 28

Breakfast

Estimated total sugar
content:

_____ g/tsp

Lunch

_____ g/tsp

Dinner

_____ g/tsp

Snacks

_____ g/tsp

Exercise

Drinks

_____ g/tsp

Day of cycle:

TOTAL:

Daily Wellbeing Score: Mark/10

- 1. Nutrition
- 2. Fitness
- 3. Activity
- 4. Sleep
- 5. Mindset
- 6. Health habits
- 7. Water/hydration
- 8. Rest/recovery
- 9. Vitality
- 10. Fun/Sex/Laughter

_____ %

Today I felt:

CONGRATULATIONS!

YOU DID IT!

Well here we are, Day 28 of Sugar HIIT bootcamp, and hopefully you are feeling refreshed, fit, and strong on the inside and out.



It's now the final time to take your measurements and complete the fitness tests to see how much you have progressed in the last 28 days. But please bear in mind we all change in different ways, and although you may not have lost the inch around your thighs that you were hoping for, by eliminating sugar and following a vigorous exercise routine you are doing your body the world of good!

MEASUREMENTS:

CHEST	RIBS/ BACK	WAIST	BELLY BUTTON	MID HIP TO BELLY BUTTON	HIPS	BUM	RIGHT THIGH	LEFT THIGH

FITNESS TEST:

EXERCISE	RESULT
Press ups	
Burpees	
Plank	
Squats	
Flexibility	
DATE:	

SOME PEOPLE WANT IT TO HAPPEN, SOME PEOPLE WISH IT WOULD HAPPEN, AND SOME PEOPLE MAKE IT HAPPEN!