

METABOLIC BALANCE: PROTOCOL																			
WEEK	START	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
WAIST																			
HIPS																			
THIGHS																			
WEIGHT																			
SKIN																			
FATIGUE																			
HEARTBURN																			
JOINT PAIN																			
HEADACHE																			
BLOOD PRESSURE																			
SLEEP																			
When assessing health complaints, please use a scale of 1-7, where 1 means, for example, no fatigue and 7 means severe fatigue.																			