

Coaching you to your Ideal Weight

www.idealweightcoaching.nz



Day 1:

Meal One (food eaten):	Lying in bed	Before meal:	30 mins after meal	60 mins after meal	90 mins after meal
	Pulse:	Pulse:	Pulse:	Pulse:	Pulse:
Meal Two (food eaten):	Before meal:	30 mins after meal	60 mins after meal	90 mins after meal	
	Pulse:	Pulse:	Pulse:	Pulse:	
Meal Three (food eaten):	Before meal:	30 mins after meal	60 mins after meal	90 mins after meal	
	Pulse:	Pulse:	Pulse:	Pulse:	
Lowest Pulse rate (adjust daily):			Bedtime Pulse:		

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Day 2:

Meal One (food eaten):	Lying in bed	Before meal:	30 mins after meal	60 mins after meal	90 mins after meal
	Pulse:	Pulse:	Pulse:	Pulse:	Pulse:
Meal Two (food eaten):		Before meal:	30 mins after meal	60 mins after meal	90 mins after meal
		Pulse:	Pulse:	Pulse:	Pulse:
Meal Three (food eaten):		Before meal:	30 mins after meal	60 mins after meal	90 mins after meal
		Pulse:	Pulse:	Pulse:	Pulse:
Lowest Pulse rate (adjust daily):			Bedtime Pulse:		

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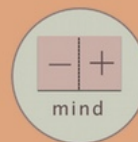


Day 3:

Meal One (food eaten):	Lying in bed	Before meal:	30 mins after meal	60 mins after meal	90 mins after meal
	Pulse:	Pulse:	Pulse:	Pulse:	Pulse:
Meal Two (food eaten):	Before meal:	30 mins after meal	60 mins after meal	90 mins after meal	
	Pulse:	Pulse:	Pulse:	Pulse:	
Meal Two (food eaten):	Before meal:	30 mins after meal	60 mins after meal	90 mins after meal	
	Pulse:	Pulse:	Pulse:	Pulse:	
Lowest Pulse rate (adjust daily):			Bedtime Pulse:		

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NOTES:

OBSERVATIONS: