

**G.I. DIET WEEKLY WEIGHT/WAIST LOG**

| <i>week</i> | <i>date</i> | <i>weight</i> | <i>waist</i> | <i>comments</i> |
|-------------|-------------|---------------|--------------|-----------------|
| 1.          |             |               |              |                 |
| 2.          |             |               |              |                 |
| 3.          |             |               |              |                 |
| 4.          |             |               |              |                 |
| 5.          |             |               |              |                 |
| 6.          |             |               |              |                 |
| 7.          |             |               |              |                 |
| 8.          |             |               |              |                 |
| 9.          |             |               |              |                 |
| 10.         |             |               |              |                 |
| 11.         |             |               |              |                 |
| 12.         |             |               |              |                 |
| 13.         |             |               |              |                 |
| 14.         |             |               |              |                 |
| 15.         |             |               |              |                 |
| 16.         |             |               |              |                 |
| 17.         |             |               |              |                 |
| 18.         |             |               |              |                 |
| 19.         |             |               |              |                 |
| 20.         |             |               |              |                 |

