Tick the days you take it.

2 tablets a day with your anchor meal, at the same time every day. Day 1: _____

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	**30**
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	**60**
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	**90**
91	92	93	94	95	96	97	98	99	**100**

Day 30

Days taken: ____ / 30

Same meal most days? Y / N

Average sleep: ____ h

Training days / week: ____

Notes: _____

Day 60

Days taken: ____ / 30

Same meal most days? Y / N

Average sleep: ____ h

Training days / week: ____

Notes: _____

Day 90

Days taken: ____ / 30

Same meal most days? Y / N

Average sleep: ____ h

Training days / week: ____

Notes: _____

Notes