## Sheboygan Natural Health Wheat Belly Book Study-Program Worksheet for your **Wheat-ectomy** - January 13 to April 13, 2014

Let's see if Dr. Davis is right! This sheet will be used to set goals and track your progress over the next 3 months as you remove wheat from your diet. This private information will be for your personal use only.

Name:		Date:	
Amount of whea	t currently in yo	our diet: Plot yourse	If on line
Very little		Moderate	A lot
Measurements:			
Height:			
Hips:	Waist:	Chest:	Thighs:
<u>Goals:</u> Setting us	eful goals that a	ren't too high or low	v is a great way to keep track of your
progress. Be spec	cific and as realis	stic as possible giver	the hectic nature of our lives today.
Eating/Food God	al(s):		
I want to			
Exercise Goal(s)			
I want to			
Weight Goal(s)			
I want to			
Stress Reduction	s Goal(s)		
•			
I want to			
Other Goal(s)			
I want to			