



Dr. Whitaker's
Diabetesity Challenge

Compliance/Exercise Log

To help keep you on track during the Diabetesity Challenge, please fill out one log per week. You don't need to mail in these forms; they are just a tool to help motivate you during the 12-week contest.

Day	Did you exercise? (activity, time, and duration)	Did you mini- fast?	Did you take your supplements? (optional)	How would you rate your diet? (good, fair, or poor)	Weight
Sun.					
Mon.					
Tue.					
Wed.					
Thurs.					
Fri.					
Sat.					