

EXCEPTIONS

Despite your best intentions, there may be occasions when you depart from the plan. Whether it's a birthday celebration or a lapse after a bad day at the office, just get back to the plan as soon as you can.

Please note any occasions that you depart from the plan here:

EXCEPTIONS		
DATE:	AMOUNT AND TYPE OF FOOD/DRINK:	REASON:

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Dump Your Toxic Waist!