



**45 Days RWL Slimming Diet Report**

DAY	DATE	Glucose	PH Level	Protein	Ketone	Blood	Weight (kg)	Comments
1								
2								
3								
4								
5								
6								
7								
<b>Weekly Weight Loss</b>								
8								
9								
10								
11								
12								
13								
14								
<b>Weekly Weight Loss</b>								
15								
16								
17								
18								
19								
20								
21								
<b>Weekly Weight Loss</b>								
22								
23								
24								
25								
26								
27								
28								
<b>Weekly Weight Loss</b>								
29								
30								
31								
32								
33								
34								
35								
<b>Weekly Weight Loss</b>								
36								
37								
38								
39								
40								
41								
42								
<b>Weekly Weight Loss</b>								
43								
44								
45								
<b>Total Weight Loss (45 days)</b>								