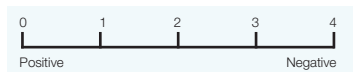


# My Anti-Ageing Weekly Chart

**10 Years  
Younger  
in  
10  
Weeks**

Document your condition in the chart below. Remember to save your charts, as these will become your main tool to maintain good habits and motivate yourself to continue. By the end of the 10 weeks - when everything has changed - you can see and remember what it was like to be you.



WEEK :	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Energy 0-4 (describe)							
Digestion 0-4							
Bloating 0-4							
Weight							
Oedemas/swellings 0-4							
Headache 0-4							
Joint pain 0-4							
Muscle pains 0-4							
Bags/dark circles under your eyes/puffy eyelids 0-4							
Nose that runs/is congested 0-4							
Mucous in your airways 0-4							
Rash/eczema 0-4							
Dry skin 0-4							
Concentration 0-4							
Sugar cravings 0-4							
Mental state 0-4							
Feeling low 0-4							
Hormonal problems 0-4							
Irregular periods 0-4							
Hot flushes 0-4							
PMS 0-4							
PCOS 0-4							
Quality of sleep 0-4							
Exercise							

**NOTES:**