



My Cinch FAST 30 Personal Progress Journal



CINCHFAST30





Personal Progress Journal

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How to use this...

1. Print this progress diary.
2. Complete the 'All about ME' section
3. Take your day 1 photos (IMPORTANT).
Take a photo from the front, side and back wearing just your underwear. You don't need to send these to us or post on Facebook. They are just for you to use to track your progress.
4. Spend a few minutes at the start of each day deciding what your 'window' will be - write it in the 'Window Planner'.
5. Spend 5 minutes at the end of each day to complete your food diary entry for that day.
At the end of the 30 days complete the reflection section.
6. Begin every morning with a weigh-in & fill in the table on page 18.
7. Keep this diary all throughout your journey and simply print another version and log the next 30 days if you want to complete another cycle.

NOTE:

Although everyone is different, the goal is to lose around 0.5-1kg (1-2lbs) per week. You may lose more or less than this at the start.

If your weight loss is less than this each week, you might want to make some gradual reductions until you start to drop.

Check your portion size!

Upping your exercise each day will also help.

All about ME!

WEEK 1:

1. WHAT DO I WANT TO ACHIEVE FROM THIS PROGRAM?.

2. WRITE DOWN YOUR IDEAL BODY SIZE, CLOTHING SIZE, IDEAL WEIGHT, IDEAL APPEARANCE AND HOW IT WILL MAKE YOU FEEL WHEN YOU REACH YOUR TARGET....

All about ME!

4. WHAT BARRIERS ARE CURRENTLY IN THE WAY FOR ACHIEVING THIS?

5. WHAT DO YOU NEED TO CHANGE TO ACHIEVE YOUR TARGET WEIGHT & CLOTHING SIZE?

All about ME!

6. HOW DO YOU FEEL YOUR DIET IS?

1. EXCEPTIONAL
2. GOOD
3. AVERAGE
4. NEEDS IMPROVEMENT
5. TERRIBLE

7. HOW MANY PORTIONS OF FRUIT & VEG DO YOU EAT A DAY?

1. 0
2. 1-2
3. 3-4
4. 4-5
5. 5-6
6. 6+

8. HOW MANY MEALS DO YOU EAT A DAY?

1. 5
2. 4
3. 3
4. 2
5. 1

9. HOW MANY SNACKS DO YOU EAT A DAY

1. 5 OR MORE
2. 4
3. 3
4. 2
5. 1

10. WHAT DOES AN AVERAGE DAY LOOK LIKE FOR YOU? (INCLUDE TIMINGS OF EACH MEAL):

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

DRINKS:

EXERCISE:

All about ME!

11. WHAT PHYSICAL EXERSISE DO YOU CARRY OUT DAILY, WEEKLY, MONTHLY?

DAILY:

MONTHLY:

WEEKLY:

12. HOW COULD YOU INCREASE YOUR PHYSICAL EXERSISE, DAILY, WEEKLY, MONTHLY?

DAILY:

MONTHLY:

WEEKLY:

All about ME!

13. HOW WOULD YOU DESCRIBE YOUR MOOD ON A DAILY BASIS?

GENERALLY HAPPY ALL OF THE TIME

NORMAL - HAPPY MOST OF THE TIME, BUT CAN BE AFFECTED BY CIRCUMSTANCES

MY MOODS SWING FROM ONE EXTREME TO THE OTHER

I FEEL LOW SOME OF THE TIME

I FEEL LOW A LOT OF THE TIME

14. HOW WOULD YOU DESCRIBE YOUR ENERGY LEVELS ON A DAILY BASIS?

GENERALLY GOOD ALL OF THE TIME

I HAVE MORE ENERGY IN THE MORNINGS

I HAVE MORE ENERGY IN THE AFTERNOONS

I HAVE MORE ENERGY IN THE EVENINGS

SWINGS & ROUNDABOUTS - UP AND DOWN

MEASUREMENTS

My current measurements today are:

Weight:

Waist:

Hips:

Statements to Succeed

DIET

In the next 30 days, I will achieve the following with my diet:

EXERCISE

In the next 30 days, I will achieve the following with my exercise

BARRIERS

In the next 30 days, I will overcome the following barriers:

HABITS

In the next 30 days, I will achieve the following habits:



Contract of Commitment

I _____ am so excited and delighted that in the next 30 days I will lose _____lbs/kgs of weight by _____(insert date) and will feel amazing when i reach my clothes size goal of _____by _____[insert date].

I will do this by following the below actions over the 30 days (insert action steps to help you achieve the above):

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....
- 11.....
- 12.....

Signed by: _____(yourself) Date_____

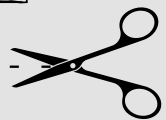


Goals!

I am so delighted and excited to release
.....lbs/kg/stones of weight by my goal
date of.....or even sooner.

Signed.....Date.....

*Set your goal high and don't stop until you
get there...*



GOAL CARD

Read, re-read, read again!

Print this page out, cut out the goal card, write
down your weight loss & size goal for the next
30 days and carry it in your purse with you.
Read it as often as you can, and consider it
already done!

IF Methods/Schedules

The Cinch FAST 30 plan combines Intermittent Fasting with healthy eating. There are a few different IF Methods, we have detailed some of the most popular.



Good for beginners

.....



Gets the body used to time restricted eating

.....



Progress to one of the below methods incrementally.

.....



Slower for weight loss

The 14:10 Method

The 16:8 Method



Easiest to progress to and stick to

.....



Most popular

.....



Fast for 16 hours each day : Eat in an 8 hour window

.....



Best for normal functioning

.....

17 Methods/Schedules

The 18:6 Method



Easy to progress to
& switch to on some days



Can straddle 2-3 meals



Fast for 18 hours
each day : Eat in an
6 hour window



Good for weight loss



The 20:4 Method



Work your way up to this



Try to eat
one to two meals
in your 'window'.



Fast for 20 hours
each day : Eat in
4 hour window



Great for weight loss



Sample Daily Schedule for 14:10 Method

From you wake until 9am



Hydrate! Lots of water (hot & cold), black tea and black coffee

9am



First meal - pick any breakfast meal from the Cinch food plan

1pm



Second meal - pick any lunch meal from the Cinch food plan

7pm



Third meal - pick any main meal from the Cinch food plan

9m to bedtime



Begin clean Water, black tea and black coffee (decaff at this time!)

Sample Daily Schedule for 16:8 Method

From you wake until 11am



Hydrate! Lots of water, black tea and black coffee

11am



First meal - pick any breakfast meal from the Cinch food plan

3pm



Second meal - pick any lunch meal from the Cinch food plan

7pm



Third meal - pick any main meal from the Cinch food plan

7pm to bedtime



Begin clean Water, black tea and black coffee (decaff at this time!)

Sample Daily Schedule for 18:6 Method

From you wake until 1pm



Hydrate! Lots of water, black tea and black coffee

12pm



First meal - pick any lunch meal from the Cinch food plan

3pm



Snack - pick any snack from the Cinch food plan

6pm



Second meal - pick any meal from the Cinch food plan

6pm to bedtime



Begin clean Water, black tea and black coffee (decaff at this time!)

Sample Daily Schedule for 20:4 Method

From you wake until 2pm



Hydrate! Lots of water, black tea and black coffee

2pm



First meal - pick any lunch meal from the Cinch food plan

3pm



Snack - pick any snack from the Cinch food plan

6pm



Second meal - pick any meal from the Cinch food plan

6pm to bedtime



Begin clean Water, black tea and black coffee (decaff at this time!)

Let's
Get
Started!

**LIFE BEGINS
AT THE END
OF YOUR COMFORT
ZONE**

CINCH FAST 30 DAY

window planner

The below is your 30 day IF challenge and daily guide for what you should be trying to achieve with regards to your fasting window. You might want to consider beginning your journey with an eight or a ten hour eating window with the goal of getting to a four hour window by week 4. Use the key to remind yourself what the numbers refer to, it can be a little confusing at the start, but you will get used to it!

IF Schedule Fasting Eating

14:10	14	10
16:8	16	8
18:6	18	6
20:4	20	4

The beauty of IF is that the eating window time-frames you choose is completely up to you. You are in control. So, if you are for example doing the 18:6 schedule, and you find you are hungrier in the mornings, you can open your window at say 11am and shut it again at 5pm!

At the end of each day fill in this table to keep track of your windows.

	DAY	DAY	DAY	DAY	DAY	DAY
	16:8 1	2	3	4	5	6
Open						
Shut						
	8	9	10	11	12	13
Open						
Shut						
	15	16	17	18	19	20
Open						
Shut						
	22	23	24	25	26	27
Open						
Shut						
	29	30				



CINCH FAST 30 DAY

weigh-in

Weighing yourself every day can help increase your awareness of your weight and weight-related behaviours. It helps you get to know your body and what causes fluctuations and what doesn't. It may help you lose more weight and prevent you from gaining that weight back in the long-term. Daily self-weighing may just be that extra motivation you need to achieve your weight goals. It helped me by allowing me to track progress, see the days that spikes occurred, rationalise them and refocus on my goal!

I challenge you to weigh yourself (in the nude!) at the same time each day and write the number down below...

Goal weight:

DAY	DAY	DAY	DAY	DAY	DAY	DAY
<div><div>w</div><div>1</div></div>	<div><div>w</div><div>2</div></div>	<div><div>w</div><div>3</div></div>	<div><div>w</div><div>4</div></div>	<div><div>w</div><div>5</div></div>	<div><div>w</div><div>6</div></div>	<div><div>w</div><div>7</div></div>
<div><div>w</div><div>8</div></div>	<div><div>w</div><div>9</div></div>	<div><div>w</div><div>10</div></div>	<div><div>w</div><div>11</div></div>	<div><div>w</div><div>12</div></div>	<div><div>w</div><div>13</div></div>	<div><div>w</div><div>14</div></div>
<div><div>w</div><div>15</div></div>	<div><div>w</div><div>16</div></div>	<div><div>w</div><div>17</div></div>	<div><div>w</div><div>18</div></div>	<div><div>w</div><div>19</div></div>	<div><div>w</div><div>20</div></div>	<div><div>w</div><div>21</div></div>
<div><div>w</div><div>22</div></div>	<div><div>w</div><div>23</div></div>	<div><div>w</div><div>24</div></div>	<div><div>w</div><div>25</div></div>	<div><div>w</div><div>26</div></div>	<div><div>w</div><div>27</div></div>	<div><div>w</div><div>28</div></div>
<div><div>w</div><div>29</div></div>	<div><div>w</div><div>30</div></div>	<div>Total kg/lbs lost</div>				



Food Journaling



Now that you are beginning to understand your 'windows' and eating pattern, the next crucial element is writing.

Studies continue to show that food journaling is an effective way to develop a better understanding of what you eat, to learn to make better choices, and to hold yourself accountable on your health and fitness journey.

We have found it to be an essential component to our own healthy weight loss journey, and, as such, we have created this 30-day diary to allow to chart your own journey to success.

Making the commitment to log food and exercise daily can keep healthy habits in the front of our minds.

Every time we make a log entry, we are reminded of our commitment to health.

Logging daily is important.

Skipping a day here and there makes it easier to skip 2 days, then 3 days....

Then, before you know it, you've stopped and you are back to your old habits.

Logging daily keeps us on track daily.

You can't stay on track today if you are writing it all down tomorrow!

Time to get started!

Gratitude Journaling



As well as a food journal, we urge you to start writing a daily gratitude journal.

Sound a bit 'new age' for you?

Trust us, it can be life-changing.

Do you ever take time each day to be thankful and grateful for your amazing body and for all that you have in your life?

Do you stop and celebrate the little wins in your life's journey as they happen?

No? Don't fret...you aren't alone....

But....take it from us and the scientists, how you think and talk to and about yourself is vitally important for your overall wellbeing, mental health, self-confidence and long-term weight loss and management. One tool that we have found very effective in changing that self-talk and negative, internal dialogue, is gratitude journaling.

Practicing daily gratitude can be a natural antidepressant. ...

Production of dopamine and serotonin increases, and these neurotransmitters then travel neural pathways to the "bliss" center of the brain - similar to the mechanisms of many antidepressants.

A gratitude journal is a place where you can actively practice positive self-talk and combat negative thoughts.

You may find that being kind to yourself also improves your overall relationship with yourself, which is vital.

Also, by getting your thoughts down on paper, you can gain a deeper understanding of the causes of your own internal conflicts, while you also explore the external challenges you're facing on your weight-loss journey....

Positive Self Talk

Do you ever tell yourself well done after you do something you would be proud if a friend did?

Do, you drive home from a day out with friends and tell yourself, I looked really lovely today and was great company?

Do you look in the mirror each day and think, wow, I look great today?

No? What, never?

We know only too well how detrimental negative self-talk is.

Not only have we all been guilty of forgetting how to speak to ourselves with kindness over the years, but in our own Clinic, we see it day and daily and it can be very damaging indeed.

We are so damned hard on ourselves!

When was the last time you made a 'mistake' and then beat yourself up for it for the rest of the day? Really went hard on yourself and felt miserable for days after?

If you're like me, then the answer is "yesterday!"

Now ask yourself this: would you treat anyone else this way?

Would you treat any of your friends that way?

No!

When we are constantly pushing ourselves and berating ourselves, being hard on ourselves, then life loses its fun. And ultimately, it becomes somewhat meaningless and downright depressing.

The truth is, that most of us mistreat ourselves or neglect ourselves every single day.

Writing in your daily gratitude journal, reminding yourself of the things you love about yourself is one way of helping this.

Another way to stop the self-sabotage, is to try and be more mindful of what you are thinking, and stop the negative thoughts in their tracks as they come. Try to think of a big stop sign as soon as you start to think negatively about yourself.



Self Care

When was the last time you cut yourself some slack and gave yourself a break?

When was the last time you sat down and really did what YOU wanted to do for half an hour, without feeling guilty about it?

We are all so stupidly 'busy' all the time, so focussed and so determined, so busy looking after everyone else's needs, so conditioned to being constantly productive and efficient, that we punish ourselves for our human failings and weaknesses! And we wear it like a badge of honour - 'How are you?' 'Auk yes, great, soooooo busy!'

What is that even about?

What the past 12 months have taught us all, is that time is so very precious, as is our health.

And now, more than ever, it's time to schedule some serious #SelfCare into your day, every day.

And stop being so bloomin' busy all the time!

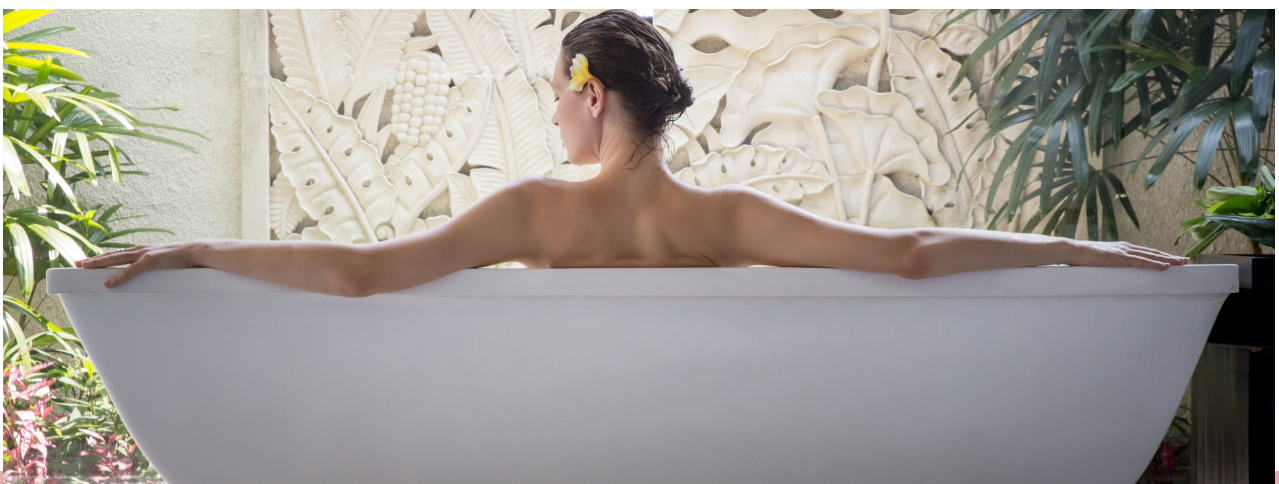
Stop feeling guilty for taking time out when you feel like it.

Take a wonderful bubble bath in the afternoon if you want one.

Practice mindfulness, go for long nature walks, and write in your daily gratitude journal! Put your feet up, light the fire and get a mug of tea & snack. Go for a run. Do what ever brings you joy!

If you don't take the time to do this, no one else is going to do it for you. All these activities have one thing in common: they involve looking after ourselves. And they involve learning to be kinder to ourselves and to give ourselves a break.

When you do that, suddenly you will find that life regains its colour and that you finally have some energy and enthusiasm again. And when you start treating yourself with the respect you deserve, you might just find that others do, too.



Daily Dose of Self-Love

Do this every single day



Allow your body to heal each day as you choose an Intermittent Fasting Lifestyle that suits your schedule.



Feed your body with wholesome, nourishing foods filled with goodness and that you love.



Move your body for at least 45 minutes every single day, and try to get your daily 10,000 steps in.



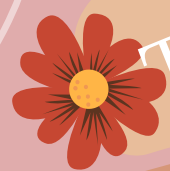
Tell yourself every morning that you are beautiful, strong, healthy and happy. (eventually, your brain will start to believe you.



Figure out what brings you peace and do more of it...and never feel guilty about it.

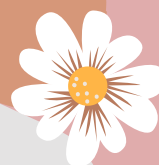


Ensure you get 8 hours sleep every, single night...Lack of sleep messes everything in your life up.



Treat yourself

like you treat others.



Be kind to yourself.



#CinchFAST30

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 1



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 1

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

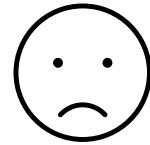
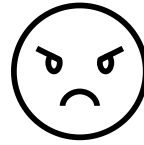
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 2



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 2

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

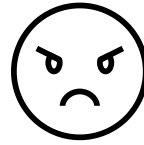
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 3



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 3

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY
GOAL, ARE...

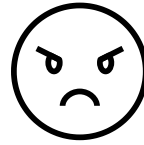
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 4



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 4

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

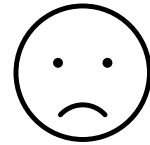
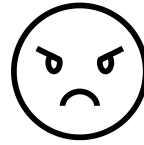
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 5



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 5

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 6



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 6

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

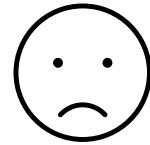
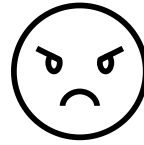
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 7



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 7

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

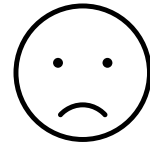
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 8



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 8

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

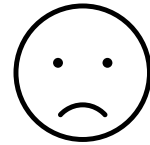
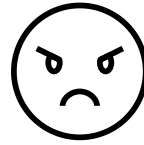
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 9



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 9

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

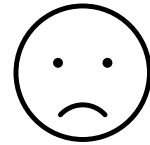
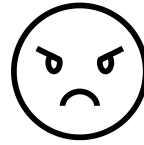
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 10



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 10

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 11



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 11

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

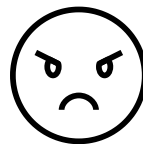
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 12



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 12

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

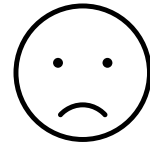
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 13



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 13

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

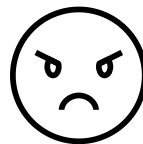
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 14



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 14

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

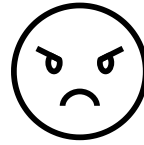
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 15



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 15

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY
GOAL, ARE...

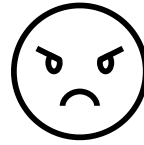
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 16



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 16

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

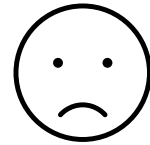
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 17



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 17

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY
GOAL, ARE...

3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 18



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 18

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

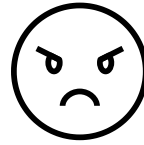
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 19



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 19

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY
GOAL, ARE...

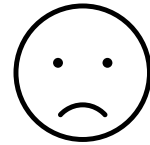
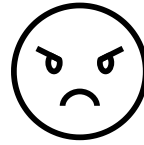
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 20



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 20

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

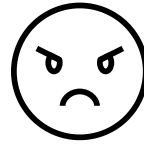
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 21



Circle which you are following today...

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 21

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY
GOAL, ARE...

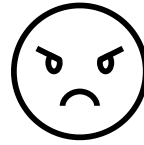
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 22



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 22

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY
GOAL, ARE...

3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 23



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 23

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

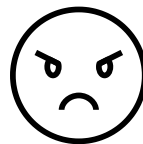
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 24



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 24

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY
GOAL, ARE...

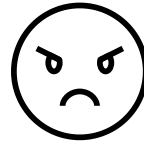
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 25



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 25

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY
GOAL, ARE...

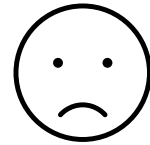
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 26



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 26

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

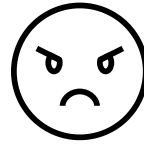
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 27



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 27

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

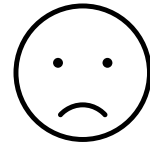
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 28



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 28

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY
GOAL, ARE...

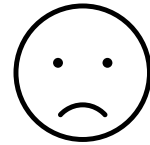
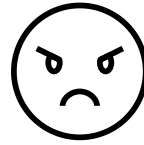
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 29



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 29

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY
GOAL, ARE...

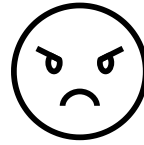
3 THINGS I LIKE ABOUT MYSELF ARE...

MY CINCH FAST 30 DAILY FOOD DIARY

Complete this at the end of each day...

My overall mood today

Day 30



Circle which you are following today...

20:4

18:6

16:8

14:10

MEAL ONE

MEAL TWO

MEAL THREE/SNACKS

FLUIDS

DETAILS OF
EXERCISE TODAY

MY CINCH GRATITUDE JOURNAL

Day 30

Complete this at the end of each day...

TODAY I FELT....

5 THINGS I AM GRATEFUL TODAY FOR ARE.....

5 THINGS I AM PROUD OF MYSELF FOR TODAY ARE....

3 THINGS I WILL COMMIT TO TOMORROW TO GET ME CLOSER TO MY GOAL, ARE...

3 THINGS I LIKE ABOUT MYSELF ARE...

My Weekly Meal Planner

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

My Weekly Meal Planner

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

My Weekly Meal Planner

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

My Weekly Meal Planner

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



MY WEEKLY EXERCISE SCHEDULE

Week 1

ACTIVITY		TIME	STEPS	REPS
DAY	1			
DAY	2			
DAY	3			
DAY	4			
DAY	5			
DAY	6			
DAY	7			



MY WEEKLY EXERCISE SCHEDULE

Week 2

ACTIVITY		TIME	STEPS	REPS
DAY	1			
DAY	2			
DAY	3			
DAY	4			
DAY	5			
DAY	6			
DAY	7			



MY WEEKLY EXERCISE SCHEDULE

Week 3

ACTIVITY		TIME	STEPS	REPS
DAY	1			
DAY	2			
DAY	3			
DAY	4			
DAY	5			
DAY	6			
DAY	7			



MY WEEKLY EXERCISE SCHEDULE

Week 4

ACTIVITY		TIME	STEPS	REPS
DAY	1			
DAY	2			
DAY	3			
DAY	4			
DAY	5			
DAY	6			
DAY	7			



Congratulations!

Wooo hooo!!!!

You've just completed The Cinch FAST 30 Fat Loss Challenge!

Well done! We hope you have enjoyed this process, learnt more about intermittent fasting as a choice and lost some weight.

As a final activity, please fill in this last page & send it to us a Cinch HQ so we can monitor the effectiveness of our programmes and make any necessary changes.

1. Have you enjoyed the Cinch FAST 30 challenge?
2. What was your starting weight?
3. What is your weight now?
4. Have you lost weight? If so, how much?
5. What were your starting measurements Vs now?
6. What did you enjoy most about this challenge?



Congratulations!

7. What did you enjoy least?

8. Has your body shape changed?

9. Has your appetite changed?

10. Has your confidence changed?

11. Will you continue on your weight loss journey using IF?



Congratulations!

12. Has your fitness improved?
13. Has your mindset changed?
14. Has your overall health improved?
15. Would you recommend this programme to others? (explain why)
16. Anything we can improve on?