

Fill this diary out every day. This is a great way to track what you are eating and how you are feeling as you detoxify your way to improved health and wellbeing

→ Bowel motions: L = loose, F = formed, P = pellets, D = difficult to pass, A = absent.

→ Symptoms: make a note of any symptoms you may experience. Note whether they are M = mild, MO = moderate, S = severe.

If you are experiencing any symptoms which you consider severe, discontinue the Program and contact one of the Blackmores detox health experts via the Detox Coach CD or the Blackmores Advisory Service 1800 803 760. Alternatively see your healthcare professional.

→ Other comments: you may like to record your mood, thoughts or energy levels (you can give a score out of 1–10 being the highest energy you feel). This is great to look back on after the 10 Day Program has finished to see how your health and wellbeing has increased.

→ You can also complete your diary on the Detox Coach CD.



DETOX DIARY

FOOD	DID I TAKE MY PRODUCTS? (Y/N)					BOWEL MOTIONS PER DAY	SYMPTOMS EXPERIENCED	OTHER COMMENTS
	Blackmores Digestive Bitters	Blackmores Acidophilus Bifidus	Blackmores Milk Thistle	Blackmores Colon Care	Blackmores Exfoliating Skin Mitt			
DAY 1 BREAKFAST								
LUNCH								
DINNER								
SNACKS								
DAY 2 BREAKFAST								
LUNCH								
DINNER								
SNACKS								
DAY 3 BREAKFAST								
LUNCH								
DINNER								
SNACKS								
DAY 4 BREAKFAST								
LUNCH								
DINNER								
SNACKS								
DAY 5 BREAKFAST								
LUNCH								
DINNER								
SNACKS								

	FOOD	DID I TAKE MY PRODUCTS? (Y/N)					BOWEL MOTIONS PER DAY	SYMPTOMS EXPERIENCED	OTHER COMMENTS
		Blackmores Digestive Bitters	Blackmores Acidophilus Bifidus	Blackmores Milk Thistle	Blackmores Colon Care	Blackmores Exfoliating Skin Mitt			
DAY 6	BREAKFAST								
	LUNCH								
	DINNER								
	SNACKS								
DAY 7	BREAKFAST								
	LUNCH								
	DINNER								
	SNACKS								
DAY 8	BREAKFAST								
	LUNCH								
	DINNER								
	SNACKS								
DAY 9	BREAKFAST								
	LUNCH								
	DINNER								
	SNACKS								
DAY 10	BREAKFAST								
	LUNCH								
	DINNER								
	SNACKS								

