**THE TOOSKINNY HEALTHY & SLIM SYSTEM DAILY RESPONSIBILITY SHEET**

**MONTH 1** 2 3 **CYCLE 1** 2 3 4 5 6 7 **DAY 1** 2 3 4

IODINE \_\_\_\_

VITAMIN B12 \_\_\_\_\_

CAPRYLIC ACID (600mg)\_\_\_\_ BTRF\_\_\_\_\_ \_\_\_\_ATRF\_\_\_\_

TS HYDRATION BEFORE TRF 1 SCOOP IN ½ GAL. \_\_\_\_\_\_\_\_\_\_\_

TS HYDRATION AFTER TRF 1 SCOOP IN ½ GAL. \_\_\_\_\_\_\_\_\_\_\_

TRF 12 10 8 **6**  5 4 3

**START TIME \_\_\_\_\_\_ END TIME \_\_\_\_\_\_\_\_**

**EXERCISE 1HR\_\_ 2HR\_\_ 3HR\_\_\_**

**TOXINS 1\_\_\_2\_\_\_ 3\_\_\_4\_\_\_5\_\_\_6\_\_\_ 7\_\_\_**

**DAILY WEIGHT \_\_\_\_\_\_**

**PREDICTION OF MONTHLY WEIGHT LOSS**

**TRF +2 0 -2 -4 -6 -8 - 10**

**EXERCISE -1 -2 -3**

**WEIGHT CHANGE TRF/DAY IN OUNCES**

**+1 0 -1 -2 -3 -4 -5**