

THE ICE SCULPTURE DIET TEMPLATE

INSTRUCTIONS:

- Take a photo or print this template out. Each template covers five weeks on the plan.
- On days that you freeze, put a letter **F** in the box for that day of the week. Aim for two to three freeze sessions per week.
- On days that you walked ten thousand steps, put a letter **W** in that box. Your goal should be to have a **W** in every box at the end of the week.
- On days where you ate close to your BMR, put a letter **B** in that box. If you ate above your BMR but exercised to make up for it, you can write a **B** in the box.

WEEK	S	M	T	W	T	F	S	TOTAL
1								
2								
3								
4								
5								

F = 2.5 points (7.5 max) | B = 2 points | W = 1.5 points

EACH WEEK—ADD UP YOUR SCORE:

- **0–10:** Needs work
- **11–20:** Okay—almost there
- **21–31:** You will achieve your goal
- **32:** Rock star! Six-pack status

ICE SCULPTURE DIET APPROVED PRODUCTS:

ICESCULPTUREDIET.COM/RECS

- Isavera Abdominal Fat-Freezing Belt
- Fitbit Fitness Tracker
- FitIndex Bluetooth Scale
- Jarrow Green Tea Extract (Natural Fat Burner)