Four-Week Diary

Following the four-week plan in Chapter 14. It doesn't have to be perfect; tick what you've done.

Week	Task	Done
1	Do the Blind-Spot Map	☐
1	Write down three days of eating	☐
2	Choose a B12 source	☐
2	Switch to iodised salt or iodine-fortified milk	☐
3	Use the five-part plate for main meals	☐
3	Move tea and coffee between meals	☐
3	Try one new dish from the kitchen section	☐
4	Take the card for your doctor to an appointment, if you have a reason	☐
4	Choose one habit to keep for the long run	☐

Each week, one line: what I noticed, what I'm keeping
Week 1: _____
Week 2: _____

Week 3: _____
Week 4: _____
The habit I'll keep longest: _____