

# 9 Day Diet Trial Journal

## TABLE OF CONTENTS

### Introduction

The Importance of Careful Observation  
Doing the 9 Day Diet Trial  
Start on a Tuesday

### Frequently Asked Questions

#### The 9 Day Diet Trial Guide Table

1. Preliminary Phase (Yellow) Day 0
2. Restriction Phase (Green) Days 1 – 7  
Dining Out  
The 7 Day Review  
Exercise 1  
Exercise 2  
Exercise 3
3. Test Phase (Red) Days 8 – 9  
The 9 Day Review  
Exercise 4

*Lose the symptoms and get back to great health using the Guides and journals exclusive to the Tuesday Club. [More info](#)*