

Mediterranean Wellness
Accountability Card
Week 1

This week you will pull your sweet tooth, and begin eating completely clean again. This accountability card will help you in this effort.

1. Take your Sweet Tooth Test score at least 3 times per week.
 - a. Expect to see this score drop over time.
 - b. Keep in mind that the absolute number doesn't matter as much as the change you see in that number over time.
2. Keep track of the specific faux foods and drinks you eat.
 - a. Expect to see a gradual increase in satiety, because your foods will tend to have natural fiber and fats in them.
 - b. Expect to find that old faux foods will eventually become something you just don't have a taste for any more. This is your goal.

	Sweet Tooth Test Score	List the Faux Foods Eaten	List the Faux Drinks
One			
Two			
Three			
Four			
Five			
Six			
Seven			