

The Starvation Diet

Log sheet

I've been on this diet for a month now and so far I've just put money in a pot. It was a nice simple process but dependant on my having the money in my purse or adding to the growing piles of IOU notes. With all this in mind I've created this log sheet so that I can write what I resist each day and how much money should go in the pot.

Date	Resisted	Contribution to the pot	Notes	Total
Friday 11th December	Chocolate and packet of crisps Takeaway pizza	£1.50 £4.00	Posted a blog about feeling Glum and wanting to eat. Everyone else was having pizza so it was really hard to resist. Added a clause about only weighing myself on somebody else's scales.	£33.50
Saturday 12th De- cember	Sweets to take to see the Lion The Witch and the Wardrobe. Bag of crisps at the interval	£3.00 70p	Went into quality save but wondered why I was there and headed to get some sweets for George from Oxfam. They don't sell food stuff in this Oxfam anymore.	
Sunday 13th December	Cake from Blakemere cafe	£2.50		

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Monday 14th December	Cookie from cake shop Cake in Salford museum cafe	80p £2.00		
Tuesday 15th December	Sausage roll on trip to Northwich Chocolate Bar from Runcorn Station	90p 80p		
Wednesday 16th December	Expensive but lovely smelling macaroon at Christmas market. Burger at Christmas market.	£1.50 £3.50		£49.20

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Thursday 17th December	More expensive chocolate cereal.	50p	Been in today with bare cupboards so not so much to resist as when out and about.	£49.70
Friday 18th December	Chocolate bar.	80p		
Saturday 19th December	Saturday bottle of wine.	£4.50		£55.00

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Date	Resisted	Contribution to the pot	Notes	Total
Sunday 20th December	Went to Willow Pool with family so no resisting.	0.00		
Monday 21st December	Resisted cake on the train.	£1.45		£56.45
Tuesday 22nd December	Tuesday before Gluttony Day.	0.00		

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Monday 28th December	Quality Streets given by Mum still in the house to eat. Rock hard icing on semi fruity base to eat.	0.00		
Tuesday 29th December	Nothing resisted	0.00	At sisters house. Didn't go mad but didn't resist anything either.	
Wednesday 30th December	Muffin at Stockport station.	£1.45		£59.40

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Date	Resisted	Contribution to the pot	Notes	Total
Thursday 31st December	Booze and new years eve treats.	£5.00		
Friday 1st January	Resisted a meal in the pub. Had a few chips and half a pint though.	£3.00		
Saturday 2nd January	Still Christmas treats in the house to eat			