

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
Monday 1st February	Pasty and a coffee in Northwich.	£2.00		
Tuesday 2nd February	Resisted a chocolate bar at college.	60p		
Wednesday 3rd February	Resisted nothing.	0.00		£93.44

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Thursday 4th February	Resisted a second helping of homemade chicken pie.	50p		
Friday 5th February	Resisted Indian sweets in Longsight. Resisted a pudding at the pub.	69p £3.00	Went for the lamb burger at the pub. Bad because lambs fart so much more than pigs and chickens and contribute to global warming.	
Saturday 6th February	Resisted buying dinner in Manchester and made dinner at home before leaving.	£1.00	Had coffee and cake instead which is probably worse for calories but at least slightly cheaper.	£98.63

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Sunday 7th February	Resisted nothing.	0.00	Ate cake and a packet of knick knack crisps.	
Monday 8th February	Resisted going to the shop to buy cake.	£1.00	Was really hungry in the Evening.	
Tuesday 9th February	Resisted coffee and had tea instead whilst at knitting.	70p		

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Wednesday 10th February	Resisted nothing.			
Thursday 11th February	Resisted nothing.			
Friday 12th February	Resisted Indian sweets.	£1.00		

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Saturday 13th February	Resisted take away for tea and had home made veg curry made from left over veg instead.	£3.50		
Sunday 14th February	Resisted a big tea because had dinner in the pub. Long walk too.	50p		
Monday 15th February	Resisted coffee and had tea instead.	70p	At the Brindley to pick up work and as you know Brindley day is flapjack day.	

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Date	Resisted	Contribution to the pot	Notes	Total
Tuesday 16th February	Resisted nothing.			
Wednesday 17th February	Resisted A take away instead of cooking at Colin's house.	£3.50		
Thursday 18th February	Resisted nothing. At Dad and Mum's house and too many temptations there.	£0.00		

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Date	Resisted	Contribution to the pot	Notes	Total
Friday 19th February	Resisted a take away after the workshop had left over spag bol instead.	£3.50		
Saturday 20th February	Resisted a bottle of beer from the spar.	£1.80		
Sunday 21st February	Resisted a whole piece of cake at the Hollies Farm shop and had half of George's instead.	£0.00	The whole thing was very nice but expensive so no monies saved.	

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Date	Resisted	Contribution to the pot	Notes	Total
Monday 22nd February	Resisted Chocolate for pudding and had prunes and no fat yoghurt instead.	60p	Too many prunes. Stomach in tatters but at least that will discourage eating. If only I had won that prune leotard from a mag as a teenager.	£115.43 Donated
Tuesday 23rd February	Resisted Chocolate Bar from the vending machine at College.	60p		
Wednesday 24th February	Resisted nothing.			

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Date	Resisted	Contribution to the pot	Notes	Total
Thursday 25th February	Resisted going to the shop to buy a cake.	80p		
Friday 26th February	Resisted nothing.	0.00		
Saturday 27th February	Resisted a Take away after the day in the park with the Longsight Art group.	£3.50		

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Date	Resisted	Contribution to the pot	Notes	Total
Sunday 28th February	Resisted a full pudding at the Farm shop.	£2.00		£122.33