

# 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
Sunday 3rd January	Christmas present chocolate still in the house to eat.	0.00		
Monday 4th January	Christmas present chocolate still in the house to eat.	0.00		
Tuesday 5th January	Christmas present chocolate still in the house to eat.	0.00		

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Wednesday 6th January	Still finishing off the last of the Christmas biscuits.			
Thursday 7th January	Some funny desserts called "Paula" from the spar.	89p	Who would think to name a dessert Paula? It was the name which attracted me I think.	
Friday 8th January	A cake in B and m's Bought a fair trade chocolate bar in the canteen at John Deans college but then only ate two chunks and thought "I don't need this."	£1.00 69p	Gave rest of chocolate bar to my son.	£61.98

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Tuesday 12th January	Resisted a coffee at Knitting group. Had some chicken donated for our tea, saved sausages for another day.	50p £1.00	Went for the better tea option.	
Wednesday 13th January	Resisted cake or a sandwich at Victoria station.	£1.00	Bought a cheese scone Instead. It was so dry that I left half of it in crumbs on the plate.	
Thursday 14th January	Resisted big dinner after eating a cake.	£2.00	I know this goes against every diet, to eat cake and miss dinner but the cakes at The Brindley are so lovely that I nick named exhibition installation day Flap jack day.	£68.08

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Friday 15th January	Resisted a pudding after lamb burger at the pub.	£3.00	Meal paid for by somebody else but I don't think I can include this extra.	
Saturday 16th January	Resisted a pudding at the Italian restaurant.	£3.50		
Sunday 17th January	Bogof sausage roll. Resisted Biscuits and cake, sugar plum fairies and other visions which danced through my head.	46p £1.50	In watching TV and reading books with a bit of a hang over. Fatal. Yearning for everything bad for me and others.	£76.54

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Date	Resisted	Contribution to the pot	Notes	Total
Monday 18th January	Resisted nothing.		Was in the house all day with no snacks to eat.	
Tuesday 19th January	Tea instead of milky coffee at Knitting.	50p	Was in all day except for going to knitting.	
Wednesday 20th January	Resisted eating a lot of dinner.	50p	Evil intention, as I was going to the opening of the Brindley show I hoped they would have bought more syrup and it would be flap jack day. It was.	£77.54

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Date	Resisted	Contribution to the pot	Notes	Total
Thursday 21st January	Resisted cake for dinner in favour of sausage stew.	£1.70		
Friday 22nd January	Resisted a full English breakfast and had a sausage sandwich instead.	£1.00	The man in the cafe said that if I ate a full English breakfast in the morning it was better than eating a lot in the evening. This is sensible but I had plans to eat a lot in the evening.	
Saturday 23rd January	Resisted nothing.		Ate chocolates and croissants bought by Colin.	£80.24

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Date	Resisted	Contribution to the pot	Notes	Total
Sunday 24th January	Resisted nothing.		I think the fact that I am writing "resisted Nothing" is not so much due to the fact that I'm doing badly but more that I am training myself not to look or think about snacks.	
Monday 25th January	Resisted eating something other than the fish dish George had made at school.	£1.00	I don't really like fish.	
Tuesday 26th January	Resisted a chocolate bar from the vending machine at night class.	60p		£81.84

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Date	Resisted	Contribution to the pot	Notes	Total
Wednesday 27th January	Nothing resisted.		Was feeling grumpy and tired so bought a bar of chocolate.	
Thursday 28th January	Was sick so resisted my dinner by throwing it back up again. Don't suppose that counts. Resisted eating rest of last nights chocolate and gave it to George Instead.	50p		£82.34
Friday 29th January	Resisted a Take Away when we got back from a late workshop.	£3.50		£85.84

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Date	Resisted	Contribution to the pot	Notes	Total
Saturday 30th January	Resisted a meal at the Pub and made home made Pizza instead.	£5.00		£90.84
Sunday 31st January	Resisted Nothing		Mum came around on Saturday with some cake, biscuits and crisps so I ate some of these today.	