

# Ice Sculpture Diet

## Template

### Instructions:

- Print this template out. Each template covers 5 weeks on plan.
- On days that you freeze, put a letter **F** in the box for that day of the week. Aim for 2-3 freeze sessions a week.
- On days that you walked 10,000 steps, write a **W** in that box. Your goal should be to have a W in every box at the end of the week.
- On days where you ate at or below your BMR, write a **B** in that box. If you ate above your BMR but exercised to make up for it, write a **B**.

| Week | S | M | T | W | T | F | S |
|------|---|---|---|---|---|---|---|
| 1    |   |   |   |   |   |   |   |
| 2    |   |   |   |   |   |   |   |
| 3    |   |   |   |   |   |   |   |
| 4    |   |   |   |   |   |   |   |
| 5    |   |   |   |   |   |   |   |

### Each Week – Add Up Your Score:

**F** = 2.5 points (7.5 max) | **B** = 2 points | **W** = 1.5 points

- **0-10:** Needs work.
- **11-20:** Ok – Almost there.
- **21-31:** You will achieve your goal.
- **32:** Rockstar 6-pack status.

### Ice Sculpture Diet Recommended:

- Isavera Abdominal Fat Freezing Belt
- Isavera Thigh Fat Freezing Wrap
- FitIndex Bluetooth Body Measurement Tape
- Jarrow Green Tea Extract (Natural Fat Burner)