



For the next 30 days make the commitment to follow the entire Contour e<sup>3</sup> system, which includes; eating sensibly, exercising regularly and using Contour CoreBelt eStim system. Post this chart somewhere you'll see it everyday, like your refrigerator or bathroom mirror. Check off the boxes that you have accomplished everyday and keep a journal to help you track your progress. Blank Journal pages are available for download on [www.thecontour.com](http://www.thecontour.com), under the Resources tab.

<b>1</b> <input type="checkbox"/> eat <input type="checkbox"/> exercise <input type="checkbox"/> eStim <input type="checkbox"/>	<b>2</b> <input type="checkbox"/> eat <input type="checkbox"/> exercise <input type="checkbox"/> eStim <input type="checkbox"/>	<b>3</b> <input type="checkbox"/> eat <input type="checkbox"/> exercise <input type="checkbox"/> eStim <input type="checkbox"/>	<b>4</b> <input type="checkbox"/> eat <input type="checkbox"/> exercise <input type="checkbox"/> eStim <input type="checkbox"/>	<b>5</b> <input type="checkbox"/> eat <input type="checkbox"/> exercise <input type="checkbox"/> eStim <input type="checkbox"/>	<b>6</b> <input type="checkbox"/> eat <input type="checkbox"/> exercise <input type="checkbox"/> eStim <input type="checkbox"/>	<b>7</b> <input type="checkbox"/> eat <input type="checkbox"/> exercise <input type="checkbox"/> eStim <input type="checkbox"/>	
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<b>29</b> <input type="checkbox"/> eat <input type="checkbox"/> exercise <input type="checkbox"/> eStim <input type="checkbox"/>	<b>30</b> <input type="checkbox"/> eat <input type="checkbox"/> exercise <input type="checkbox"/> eStim <input type="checkbox"/>	<b>Example Journal Entry</b>				<input checked="" type="checkbox"/> eat <input checked="" type="checkbox"/> exercise <input checked="" type="checkbox"/> eStim <input type="checkbox"/>	
<p><i>Notes: Day 3. I did the Contour at work and again while making dinner. I can really feel my abs getting stronger. Went for a walk after a light dinner of 5 oz chicken breast and a 1/2 cup of steamed peas.</i></p>							