S5 Text. Questionnaires in English.

Self-observation diary

Name:		
Room number:		
Stay from:	to:	

Dear patients, dear guests

The changes in metabolism caused by fasting or nutritional therapy could affect the personal well-being. By using this diary the effects could be recorded and thus become more comprehensible. In addition it could help to optimize prospective therapy recommendations.

Only a complete documentation enables us to detect coherences. Therefore, we kindly ask you to complete this diary as accurately as possible.

In addition we request you to fill in information about:

- 1. your lifestyle before the stay (page 7)
- 2. your lifestyle during the stay (page 53)
- 3. questions at the end of your stay (page 52)

Please give the completed diary back to your nurse on the day of departure.

Thank you for your participation!

Dr Françoise Wilhelmi de Toledo and the scientific team of the clinic Buchinger Wilhelmi

Instruction:

Date:

First enter the date, please. Day 1 is equivalent to the day of arrival.

Diet:

Please mark your accurate diet with a cross day by day and complete the belonging information. In case of not-appropriate statements please check the No-box.

Ketone bodies:

Measure the ketone bodies daily in the first morning urine and indicate the result in the respective field. Only one value can be indicated.

> Physical and emotional well-being:

Evaluate your physical and emotional well-being on a scale reaching from 0 to 10. Please determine one value.

> Symptoms:

If you don't have any symptoms please tick no. If symptoms occurred please check the Yes-box and choose one or more symptoms that you have observed.

> Your today's well-being:

Evaluate your well-being by choosing one value between 0 and 5 for each statement.

Example: <u>monday</u>, 18.01.16 **ketone bodies** (mg/dl): □ 0 □ 5 □ 15 💥 40 □ 80 □ 160 □ 1.200 kcal □ 1.800 kcal diet. □ 800 kcal supplements: □ none □ fish □ others: o digestive rest day: □ rice □ potato/vegetables ☐ fruit ☐ others: x fasting: honey □ no **⋉**yes juice (¼ l) **⋉**yes noon. □ no vegetable soup (¼ l) 🔀 no □ yes evening: vegetable soup (1/4 l) 🗆 no **⋉**yes supplements: □ none □ Kousmine □ Kousmine vegan ☐ rice soup ☐ carott juice □ green tea □ black tea □ others: day of breaking the fast o building up day: $\Box 1 \Box 2 \Box 3 \Box 4$ physical well-being: 10 very bad excellent emotional well-being:

very bad

4

excellent

symptoms that occurred in the clini-	c : 💢 no 🗆 yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	□ palpitations
□ skin rash	□ blurred vision
□ abdominal bloating	□ cravings

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	X	5
I have felt calm and relaxed	0	1	×	3	4	5
I have felt active and vigorous	0	1	2	×	4	5
I woke up feeling fresh and rested	×	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	×	5

□ others: __



Lifestyle - before the stay

stress/relaxation level:

,															
extreme tension		0	1	2	3	4	5	6	7	8	9	10	re	total laxatio	
nicotine:		none			□ cigarettes/day: □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □										
alcohol:	□ r	none none	e	□ w	beer: glasses (0,5 l)/week: wine: glasses (0,25 l)/week: spirits: glasses (2 cl)/week:										
coffee:	□ r	one	e	□ CI	cups/day:										
media:	□ r	none none	e e	□ T'	Smartphone (h/week): TV (h/week): PC (h/week):										
exercise:	□ r	one	е	□ ye	es: ł	۱/w	eek:	1					,		
Over the last two weeks before coming to Buchinger Wilhelmi							At no time	Some of the time		Less than half of	More than half of	the time	Most of the time	All of the time	
I have felt spirits	chee	rful	and	d in	good	t	0	1		2		3	4	5	
I have felt	calm	anc	l re	laxe	d		0	1		2		3	4	5	
I have felt active and vigorous							0	1		2		3	4	5	
I woke up feeling fresh and rested							0	1		2		3	4	5	
my daily life has been filled with						th	0	1		2		3	4	5	

Da	Day 1 (arrival):													
ke	tone bodie	es (m	ıg/c	:(lk	- ()	□ 5		15		40		80	□ 160
0	diet:		800	kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	ment	:S: [□ n	one									
o digestive rest day:													_	tables
0	fasting:	ŀ	non	ey					□ n	0		□ y€	es	
	noon:	j	uice	e (¼	1)				□ n	0		□ y€	es	
			_			-	oup (¼ l) □ no □ yes oup (¼ l) □ no □ yes							
	evening	j: v	/ege	etak	ole s	oup	(1/4	I)	□ n	0		□ ye	es	
	suppler	ment	: S : [□ n	one		□ Kousmine □ Kousi						_	
							□ joghurt					•		
							☐ rice soup ☐ carott ☐ green tea ☐ black					•		
							_							
0	day of br	eakii	ng t	he	fast									
0	building	up d	ay:		□ 1		2	□ 3		4				
physical well-being:														
٧	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
em	emotional well-being:													
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	c : □ no □ yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	□ palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 2: _														
ke	tone bodie	es (n	ng/d	dI):	□ C)	□ 5		15		40		80		160
0	diet:		800) kc	al		1.2	00 I	ccal		□ 1	.800) kc	al	
	supplei	nen	ts:	□ n	one										
0	digestive							:o/ve rs: _	_						
0	fasting:		hon	ey					□ n	0		□ ye	25		
	noon:		juic	e (¼	i I)				□ n	0		□ ye	es		
			_									□ ye			
	evening														
	supplei	nen	ts:	□ n	one		□ Kousmine □								-
							☐ joghurt ☐ oatm ☐ rice soup ☐ carot								þ
						☐ green tea ☐ black tea									
							oth	ers:	_						
0	day of br	eaki	ng t	the	fast										
0	building	up c	lay:		□ 1		2	□ 3		4					
ph	physical well-being:														
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		exce	ellent
em	notional we														
v	ery bad	0	1	2	3	4	5	6	7	8	9	10		exce	ellent

symptoms that occurred in the clini	c: □ no □ yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	\square palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 3: _													
ke	tone bodie	es (n	ng/d	dl):	- ()	□ 5		15		40		80	□ 160
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	nen	ts:	□ n	one		fish oth		:					
0	digestive								_	tables				
0	fasting:		hon	ey					□ n	О		□ y€	es	
	noon:		juic	e (½	í I)				□ n	0		□ ye	es	
			_			-	oup (¼ l) □ no □ yes oup (¼ l) □ no □ yes							
	evening] :	veg	etal	ole s	oup) (1/4	I)	□ n	0		□ y€	es	
	suppler	nen	ts:	□ n	one		☐ Kousmine ☐ Kousmine ve						-	
							□ joghurt							•
							☐ rice soup ☐ carott juice ☐ green tea ☐ black tea							
							□ others:							
0	day of br	eaki	ing '	the	fast									
0	building	up d	day:		□ 1		2	□ 3		4				
ph	physical well-being:													
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
em	emotional well-being:													
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	c: □ no □ yes
□ headache	□ muscle pains
☐ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	\square palpitations
□ skin rash	□ blurred vision
$\hfill\Box$ abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 4: _													
ke	tone bodie	s (n	ng/d	dl):	- 0)	□ 5		15		40		80	□ 160
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	nen	ts:	□ n	one		fish oth		:					
o digestive rest day:													_	tables
0	fasting:		hon	ey					□ n	0		□ y€	es	
	noon:		juic	e (½	í I)				□ n	0		□ y€	es	
	evening		_									•		
	supplements: □ none						jog rice gre	hur so en 1	t up tea			atm arot lack	eal s t jui tea	soup ce
0	day of br	eak	ing '	the	fast									
0	building	up d	lay:		□ 1		2	□ 3		4				
ph	ysical well	-be	ing:											
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
em	notional we	ell-l	oein	g:										
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	c: □ no □ yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	□ palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 5: _													
ke	tone bodie	s (n	ng/d	dl):	- 0)	□ 5		15		40		80	□ 160
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	men	ts:	□ n	one		fish oth		:					
0	digestive								_	tables				
0	fasting:		hon	ey					□ n	О		□ ye	es	
	noon:		juic	e (½	í I)				□ n	o		□ ye	es	
	evening		_									•		
	supplements: □ none						jog rice gre	hur so en 1	t up tea			atm arot lack	eal s t jui tea	soup ce
0	day of br	eak	ing '	the	fast									
0	building	up d	lay:		□ 1		2	□ 3		4				
ph	ysical well	-be	ing:											
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
em	notional we	ell-l	ein	g:										
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	c: □ no □ yes
□ headache	□ muscle pains
☐ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	\square palpitations
□ skin rash	□ blurred vision
$\hfill\Box$ abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 6: _													
ke	tone bodie	es (n	ng/d	dl):)	□ 5		15		40		80	□ 160
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	nen	ts:	□ n	one		fish oth		:					
0	digestive								_	tables				
0	fasting:		hon	ey					□ n	0		□ y€	es	
	noon:		juic	e (½	í I)				□ n	0		□ y€	es	
	evening		_									•		
	supplements: □ none						jog rice gre	hur so en 1	t up tea			atm arot lack	eal s t jui tea	soup ce
0	day of br	eak	ing '	the	fast									
0	building	up d	lay:		□ 1		2	□ 3		4				
ph	ysical well	-be	ing:											
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
em	notional we	ell-l	oein	g:										
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	c : □ no □ yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	\square palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 7: _													
ke	tone bodie	:s (n	ng/d	dl):	- ()	□ 5		15		40		80	□ 160
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	supplements: □ none							i ers:	:					
0	o digestive rest day:												_	tables
0	fasting:		hon	ey					□ n	О		□ y€	es	
	noon:		juic	e (½	í I)				□ n	0		□ ye	es	
			_			-						□ y€		
	evening	j :	veg	etal	ole s	oup) (1/4	I)	□ n	0		□ y€	es	
	suppler	nen	ts:	□ n	one									e vegan
														soup
						☐ rice soup ☐ carott juice ☐ green tea ☐ black tea								
							_							
0	day of br	eaki	ing '	the	fast									
0	building	up c	lay:		□ 1		2	□ 3		4				
ph	ysical well	-be	ing:											
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
em	emotional well-being:													
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clinic	∷ □ no □ yes
□ headache	□ muscle pains
☐ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	□ dry mouth
□ tiredness	□ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	□ palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

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I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 8: _													
ke	tone bodie	es (n	ng/d	dl):	- ()	□ 5		15		40		80	□ 160
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	nen	ts:	□ n	one		fish oth		:					
o digestive rest day:												_	tables	
0	fasting:		hon	ey					□ n	О		□ y€	es	
	noon:		juic	e (½	í I)				□ n	0		□ ye	es	
			_			-						□ y€		
	evening) :	veg	etal	ole s	oup) (1/4	I)	□ n	0		□ y€	es	
	suppler	nen	ts:	□ n	one		☐ Kousmine □ Kousmine vega☐ joghurt □ oatmeal soup							-
												atm arot		•
												lack		
							_							
0	day of br	eaki	ing '	the	fast									
0	building	up d	lay:		□ 1		2	□ 3		4				
ph	ysical well	-be	ing:											
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
emotional well-being:														
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	c: □ no □ yes
□ headache	□ muscle pains
☐ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	□ palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
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I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 9: _													
ke	tone bodie	:s (n	ng/d	ll):	- 0)	□ 5		15		40		80	□ 160
0	diet:		800	kc	al		1.2	00	kcal		□ 1	.800) kc	al
supplements: 🗆 none						fish oth		i						
o digestive rest day:													_	ables
0	fasting:		hon	ey					□ n	0		□ ye	es	
	noon:		juice	e (½	i I)				□ n	0		□ ye	es	
			_									•		
	evening													
	suppler	nen	ts: I	⊐ n	one									•
							☐ joghurt ☐ oatmeal soup ☐ rice soup ☐ carott juice							
						□ green tea □ black tea								
							oth	ers	_					
0	day of br	eaki	ng 1	he	fast									
0	building	up c	lay:		□ 1		2	□ 3		4				
ph	ysical well	-be	ing:											
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
emotional well-being:														
v	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	c : □ no □ yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	\square palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

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I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 10: _													
ke	tone bodie	es (n	ng/d	dl):	- 0)	□ 5		15		40		80	□ 160
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	nen	ts:	□ n	one				:					
o digestive rest day:													_	tables
0	fasting:		hon	ey					□ n	О		□ y€	es	
	noon:		juic	e (½	1)				□ n	0		□ ye	es	
			_			-						-		
	evening) :	veg	etat	ole s	oup) (1/4	I)	□ n	0		□ y€	es	
	suppler	nen	ts:	□ n	one									e vegan
							-				□ o			soup
											□ b			
							_							
0	day of br	eaki	ng	the	fast									
0	building	up d	lay:		□ 1		2	□ 3		4				
ph	ysical well	-be	ing:											
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
em	notional we	ell-k	ein	g:										
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	c: □ no □ yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	□ palpitations
□ skin rash	□ blurred vision
$\hfill\Box$ abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 11: _													
ke	tone bodie	s (n	ng/d	dI):	- 0)	□ 5		15		40		80	□ 160
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	men	ts:	□ n	one				:					
0	o digestive rest day:												_	tables
0	fasting:		hon	ey					□ n	О		□ y€	es	
	noon:		juic	e (½	í I)				□ n	o		□ ye	es	
	evening		_			-						-		
	supplements: □ none						jog rice gre	hur so en 1	t up tea			atm arot lack	eal : t jui tea	soup ce
0	day of br	eak	ing '	the	fast									
0	building	up d	lay:		□ 1		2	□ 3		4				
ph	ysical well	-be	ing:											
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
emotional well-being:														
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	c: □ no □ yes
□ headache	□ muscle pains
☐ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	□ palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 12: _														
ke	tone bodie	es (mg	/dl):	□ C)	□ 5		15		40		80	□ 160		
0	diet:	□ 80	00 kc	al	□ 1.200 kcal □ 1.800 kcal										
	supplei	ments:	□n	one											
0	digestive								_	tables					
0	fasting:	ho	ney					□ n	0		□ ye	es			
	noon:	•	□ no						•						
			getal		-						-				
	evening		-		-						-				
	supplei	ments:	□n	one		☐ Kousmine☐ joghurt							-		
										□ carott juice					
								•		□ b		•			
						oth	ers:	_							
0	day of br	eaking	the	fast											
0	building	up day	/ :	□ 1		2	□ 3		4						
ph	ysical well	-being	g:												
٧	ery bad	0 1	2	3	4	5	6	7	8	9	10		excellent		
em	notional w	ell-bei	ng:												
V	ery bad	4	5	6	7	8	9	10		excellent					

symptoms that occurred in the clini	c: □ no □ yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	□ obstipation
□ hunger	\square palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 13: _													
ket	tone bodie	es (n	ng/d	dl):	- ()	□ 5		15		40		80	□ 160
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	nen	ts:	□ n	one				:					
0	digestive								_	tables				
0	fasting:		hon	ey					□ n	О		□ y€	es	
	noon:		juic	e (½	í I)				□ n	0		□ y€	es	
			_			-	oup (¼ l) □ no □ ye oup (¼ l) □ no □ ye							
	evening	j :	veg	etal	ole s	oup) (1/4	I)	□ n	0		□ ye	es	
	suppler	nen	ts:	□ n	one									e vegan
							□ joghurt □ rice soup							
												lack		
							_							
0	day of br	eaki	ing '	the	fast									
0	building	up c	lay:		□ 1		2	□ 3		4				
ph	ysical well	-be	ing:											
٧	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
em	notional we	ell-k	ein	g:										
٧	very bad 0 1 2 3							6	7	8	9	10		excellent

symptoms that occurred in the clini-	c: □ no □ yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	\square palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Day 14:																
ket	tone bodie	s (m	g/d	II):	- 0)	□ 5		15		40		80	□ 160		
0	diet:		800	kc	al		□ 1.200 kcal □ 1.800 kcal									
	suppler	nent	s: [□n	one		fish oth									
0	digestive	rest	day	/ :									-	tables		
0	fasting:	r	one	Э					□ n	0		□ ye	!S			
	noon:	j	uice	(1/4	1)				□ n	0		□ ye	es.			
			_									□ ye				
	evening	j: v	ege/	tak	ole s	oup) (1/4	I)	□ n	0		□ ye	!S			
	suppler	nent	S: [ı n	one		☐ Kousmine ☐ Kousmine V							•		
							□ joghurt □ oatmeal soup									
						☐ rice soup ☐ carott juice ☐ green tea ☐ black tea										
							_									
0	day of br	eakir	ng t	he	fast											
0	building	up d	ay:		□ 1		2	□ 3		4						
ph	ysical well	-bei	ng:													
٧	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent		
em	otional we	ell-b	eing	j :												
V	erv bad	0	1	2	3	4	5	6	7	8	9	10		excellent		

symptoms that occurred in the clinic	c: □ no □ yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	□ dry mouth
□ tiredness	\square cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	□ obstipation
□ hunger	□ palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 15: _													
ke	tone bodie	s (n	ng/d	dl):	- ()	□ 5		15		40		80	□ 160
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	nen	ts:	□ n	one				:					
0	digestive								_	tables				
0	fasting:		hon	ey					□ n	О		□ y€	es	
	noon:		juic	e (½	í I)				□ n	0		□ ye	es	
			_			-	oup (¼ l) □ no □ ye oup (¼ l) □ no □ ye							
	evening]:	veg	etal	ole s	oup) (1/4	I)	□ n	0		□ y€	es	
	suppler	nen	ts:	□ n	one									e vegan
							□ joghurt □ rice soup							
												□ black tea		
							_							
0	day of br	eaki	ng 1	the	fast									
0	building	ир с	lay:		□ 1		2	□ 3		4				
ph	ysical well	-bei	ing:											
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
em	otional we	ell-k	ein	g:										
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	c : □ no □ yes
□ headache	□ muscle pains
☐ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	□ palpitations
□ skin rash	□ blurred vision
$\hfill\Box$ abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 16: _													
ke	tone bodie	es (n	ng/d	dl):	- 0)	□ 5		15		40		80	□ 160
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	nen	ts:	□ n	one				:					
0	digestive								_	tables				
0	fasting:		hon	ey					□ n	0		□ ye	es	
	noon:		juic									•		
	evening		_			-						-		
							 □ Kousmine ∪ Kousmine vega □ joghurt □ oatmeal soup □ rice soup □ carott juice □ green tea □ black tea □ others: 							soup ce
0	day of br	eak	ing '	the	fast									
0	building	up d	day:		□ 1		2	□ 3		4				
ph	ysical well	-be	ing:											
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
em	notional we	ell-l	oein	g:										
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	c : □ no □ yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	\square palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 17: _													
ket	tone bodie	es (n	ng/d	dl):	- ()	□ 5		15		40		80	□ 160
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	nen	ts:	□ n	one				:					
0	digestive	res	t da	y :									_	tables
0	fasting:		hon	ey					□ n	О		□ y€	es	
	noon:		juic	e (½	í I)				□ n	0		□ ye	es	
			_			-						□ ye		
			_			-	oup (¼ l) □ no □ yes							
	suppler	nen	ts:	□ n	one		□ Kousmine □ Kousmine						_	
							☐ joghurt ☐ oatmeal so☐ rice soup ☐ carott juice							
												lack		
							_							
0	day of br	eaki	ing '	the	fast									
0	building	up c	lay:		□ 1		2	□ 3		4				
ph	ysical well	-be	ing:											
٧	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
em	notional we	ell-k	ein	g:										
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	c : □ no □ yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	\square palpitations
□ skin rash	☐ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 18: _															
ke	tone bodie	es (n	ng/d	dl):	- 0)	□ 5		15		40		80	□ 160		
0	diet:		800) kc	al		□ 1.200 kcal □ 1.800 kcal									
	suppler	nen	ts:	□ n	one				:							
0	digestive	res	t da	y :									_	tables		
0	fasting:		hon	ey					□ n	О		□ y€	es			
	noon:		juic	e (½	1)				□ n	0		□ ye	es.			
			_			-						-				
	evening) :	veg	etat	ole s	oup) (1/4	I)	□ n	0		□ y€	32			
	suppler	nen	ts:	□ n	one		□ Kousmine □ Kousmine							_		
							□ joghurt □ oatmeal so									
							☐ rice soup ☐ carott juice ☐ green tea ☐ black tea									
							_									
0	day of br	eaki	ng	the	fast											
0	building	up c	lay:		□ 1		2	□ 3		4						
ph	ysical well	-be	ing:													
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent		
em	otional we	ell-k	ein	g:												
٧	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent		

symptoms that occurred in the clini	c: □ no □ yes
□ headache	□ muscle pains
☐ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	□ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	□ palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	ay 19: _											
ke	tone bodie	es (mg/dl): 🗆 ()	□ 5		15		40		80	□ 160
0	diet:	□ 800 l	cal		1.2	00 I	kcal		□ 1	.800	kca	al
	suppler	ments: 🗆	none									
0	digestive							-	_	ables		
0	fasting:	hone	/				□ n	0		□ ye	S	
	noon:	juice	(¼ l)				□ n	0		□ ye	S	
		veget		-						-		
		g: veget		_						-		
	suppler	ments: 🗆	none		□ Kousmine □ Kousmin							_
					□ joghurt □ rice soup							
										lack		
					_							
0	day of br	eaking th	e fast									
0	building	up day:	□ 1		2	□ 3		4				
ph	ysical well	-being:										
V	ery bad	0 1	2 3	4	5	6	7	8	9	10		excellent
em	notional we	ell-being:										
V	ery bad	0 1	2 3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clini	ic: □ no □ yes
□ headache	□ muscle pains
☐ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	$\ \square$ obstipation
□ hunger	\square palpitations
□ skin rash	☐ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Day 20:															
ketone bodies (mg/dl): □ 0 □ 5 □ 15 □ 40 □ 80 □ 160															
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al	
	suppler	nen	ts:	□ n	one		fish oth		:						
0	o digestive rest day:											_	tables		
0	fasting:		hon	ey					□ n	0		□ ye	es		
	noon:		juic									-			
			_			-						-			
	evening		-			-						-			
	suppler	nen	ts:	□ n	one								ousmine vegan		
											□ oatmeal soup□ carott juice				
									•				•		
							_								
0	day of br	eaki	ing '	the	fast										
0	building	up d	day:		□ 1		2	□ 3		4					
ph	physical well-being:														
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent	
em	otional we	ell-l	oein	g:											
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent	

symptoms that occurred in the clini	c: □ no □ yes
□ headache	□ muscle pains
□ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	\square palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Day 21:															
ketone bodies (mg/dl): □ 0 □ 5 □ 15 □ 40 □ 80 □ 160															
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al	
	suppler	men	ts:	□ n	one		fish oth		:						
0	o digestive rest day:											_	tables		
0	fasting:	ı	hon	ey					□ n	0		□ ye	es.		
	noon:	j	juic	e (½	1)				□ n	o		□ ye	es		
			_			-						-			
	evening		_			-						-			
	suppler	nen	ts:	□ n	one		□ Kousmine □ Ko						_		
											□ oatmeal soup				
							☐ rice soup ☐ carott juic ☐ green tea ☐ black tea								
							_								
0	day of br	eaki	ng 1	the	fast										
0	building	up d	lay:		□ 1		2	□ 3		4					
ph	ysical well	-bei	ing:												
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent	
em	notional we	ell-b	ein	g:											
v	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent	

symptoms that occurred in the clini	ic: □ no □ yes
□ headache	□ muscle pains
☐ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	☐ dry mouth
□ tiredness	$\hfill\Box$ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	$\ \square$ obstipation
□ hunger	\square palpitations
□ skin rash	☐ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Da	Day 22:													
ketone bodies (mg/dl): □ 0 □ 5 □ 15 □ 40 □ 80 □ 160														
0	diet:		800) kc	al		1.2	00	kcal		□ 1	.800) kc	al
	suppler	nen	ts:	□ n	one				:					
0	o digestive rest day:											_	tables	
0	fasting:		hon	ey					□ n	О		□ y€	es	
	noon:		juic	e (½	í I)				□ n	0		□ ye	es	
			_			-	oup (¼ l) □ no □ yes							
			_			-	oup (¼ l) □ no □ yes							
	suppler	nen	ts:	□ n	one		□ Kousmine					□ Kousmine vegan□ oatmeal soup		
											□ carott juice			
												lack		
							oth	ers						
0	day of br	eaki	ing '	the	fast									
0	building	up c	lay:		□ 1		2	□ 3		4				
ph	ysical well	-be	ing:											
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent
em	notional we	ell-k	ein	g:										
V	ery bad	0	1	2	3	4	5	6	7	8	9	10		excellent

symptoms that occurred in the clinic	∷ □ no □ yes
□ headache	□ muscle pains
☐ sleep disturbances	□ heartburn
□ bad breath	□ nausea
(ask the nurse)	□ dry mouth
□ tiredness	□ cramp in the calf
□ back pain	□ diarrhea
□ sensitivity to cold	□ restless legs
□ vertigo	\square obstipation
□ hunger	□ palpitations
□ skin rash	□ blurred vision
\square abdominal bloating	□ cravings
□ others:	

Today	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
I have felt cheerful and in good spirits	0	1	2	3	4	5
I have felt calm and relaxed	0	1	2	3	4	5
I have felt active and vigorous	0	1	2	3	4	5
I woke up feeling fresh and rested	0	1	2	3	4	5
my daily life has been filled with things that interest me	0	1	2	3	4	5

Questions at the end of your stay

no

1)	Did you have a major health problem at the beginning of your stay? □ no □ yes, which one?										
	_ ,										
	How did your r	najor health problem evol	ve during your								
	much worse	1 2 3 4 5 6 7	much better								
2)	3 ,	ay you underwent a diet o vould you evaluate it:	r a fasting								
	it was a nightmare	1 2 3 4 5 6 7	a fantastic experience								
3)	If you compare Wilhelmi had:	your stay with a usual ho	oliday, Buchinger								
	a less	the same	a more								
	relaxing effec	t relaxing effect	relaxing effect								
4)	The length of y	our stay was:									
	too short	just right	too long								
5)	,	ted, would you have wish									

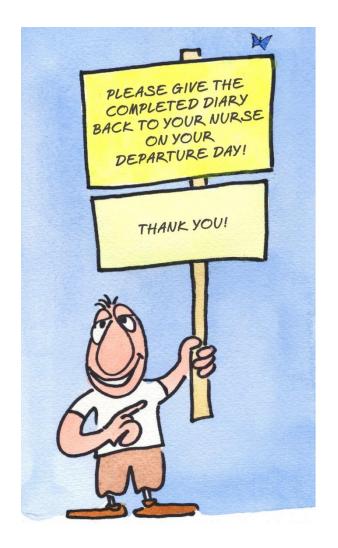
52

yes

Lifestyle - during the stay

stress/relaxation level:

,																		
extreme tension		0	1	2	3	4	5	6	7	8		9	10	re	total laxatio			
nicotine:	□ none			□ cigarettes/day:														
	□ none		ıe	□ cigars/day:														
alcohol:		□ none		□ beer: glasses (0,5 l)/week:														
	□ none		ıe	□ w	ine:	gla	sses	(0	,25	l)/	we	ek	:	Щ				
	□ none			□ spirits: glasses (2 cl)/week: ☐														
coffee:	□ none			□ cups/day:														
media:		nor	ie	□ Sı	mar	tpho	one	(h/\	ve	ek):			Г					
		nor	ne	□ T	V (h	/we	ek):						F	$\overline{\Box}$				
		nor	ne	□ P(C (h	/we	ek):						F	$\overline{\Box}$				
exercise:	П	nor				veek:												
C/(C/ C/C/C/	_			_ ,		., г.												
Over the weeks	las	t					At no time	Some of the time		Less than half of	the time	More than half of	the time	Most of the time	All of the time			
I have felt	che	erfu	l an	d in	good	ŀ	0	1		2		11.7	3	4	5			
I have felt	calr	n an	d re	elaxe	d		0	1		2			3	4	5			
I have felt active and vigorous							0	1		2		3		4	5			
I woke up feeling fresh and rested							0	1		2 3		3	4	5				
my daily life has been filled with						th	0	1		2 3		3	4	5				



The following questions are not indispensable for our scientific data collection but help Buchinger Wilhelmi to better target your needs:
Was the filling of this diary acceptable for you?
Do you have any suggestions for improvement?
Did your stay at Buchinger Wilhelmi fulfill your expectations?

To which extent will the stay influence your life?
Do you need help from our service "Feel well after Buchinger Wilhelmi"? A nutritionist could assist you at home. E-Mail: nutrition@buchinger-wilhelmi.com
Thank you very much and see you soon!
We will write an email to you after two weeks, three and eleven months and hope to find you well.
Have a good trip back home!

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