

## Reflection

At first it's hard to start the diet plan. Because I was hungry at first 2 days. Then It's back to normal. I tried to follow mai setting plan. But I can't eat fruit. So I have done is the best I can do.

I can't live without cacao. I like it so much. So when I order it, I'll tell them not to add so much sugars in that. On Monday to Tuesday I went to Huahin and everything is hard to be controlled. So I've ate too much. But my weight didn't goes up. It still the same though. So I don't feel bad about it.

I like to thank you teacher Dan to give me this activity. It shows that I have really less patient at control diet plan. Next time I'll do it better by myself.