

HCG DIET

Start _____

End _____

DAY	WEIGHT	POUNDS LOST	MEASUREMENT	INCHES LOST	NOTES
1			Chest Or Bra Size		
2			Waist		
3			Hips		
4			Right Thigh		
5			Left Thigh		
6					
7			Day 7		
8			Chest Or Bra Size		
9			Waist		
10			Hips		
11			Right Thigh		
12			Left Thigh		
13					
14			Day 14		
15			Chest Or Bra Size		
16			Waist		
17			Hips		
18			Right Thigh		
19			Left Thigh		
20					
21			Day 21		
22			Chest Or Bra Size		
23			Waist		
24			Hips		
25			Right Thigh		
26			Left Thigh		
27					
28			Day 28		
29			Chest Or Bra Size		
30			Waist		
31			Hips		
32			Right Thigh		
33			Left Thigh		
34					
35			Day 35		
36			Chest Or Bra Size		
37			Waist		
38			Hips		
39			Right Thigh		
40			Left Thigh		
Total Pounds Lost =			Inches Lost =		

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