

# 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			<b>Day 7</b>		
8			Chest Or Bra Size		
9			Waist		
10			Hips		
11			Right Thigh		
12			Left Thigh		
13					
14			<b>Day 14</b>		
15			Chest Or Bra Size		
16			Waist		
17			Hips		
18			Right Thigh		
19			Left Thigh		
20					
21			<b>Day 21</b>		
22			Chest Or Bra Size		
23			Waist		
24			Hips		
25			Right Thigh		
26			Left Thigh		
27					
28			<b>Day 28</b>		
29			Chest Or Bra Size		
30			Waist		
31			Hips		
32			Right Thigh		
33			Left Thigh		
34					
35			<b>Day 35</b>		
36			Chest Or Bra Size		
37			Waist		
38			Hips		
39			Right Thigh		
40			Left Thigh		
<b>Total Pounds Lost =</b>			<b>Inches Lost =</b>		

**Questions? Email [support@ezwellnessclub.com](mailto:support@ezwellnessclub.com). See [www.ezwellnessclub.com](http://www.ezwellnessclub.com) for discount support products!**