

# HCG DIET

Day	Weight	Start: _____ Pounds Lost	End: _____ Measurements	Inches Lost
1			Chest or Bra Size	
2			Waist	
3			Hips	
4			Right Thigh	
5			Left Thigh	
6			Right Calf	
7			Left Calf	
8				
9			Week 3	
10			Chest or Bra Size	
11			Waist	
12			Hips	
13			Right Thigh	
14			Left Thigh	
15			Right Calf	
16			Left Calf	
17				
18			Week 4	
19			Chest or Bra Size	
20			Waist	
21			Hips	
22			Right Thigh	
23			Left Thigh	
24			Right Calf	
25			Left Calf	
26				
27			Week 5	
28			Chest or Bra Size	
29			Waist	
30			Hips	
31			Right Thigh	
32			Left Thigh	
33			Right Calf	
34			Left Calf	
35				
36			Week 6	
37			Chest or Bra Size	

38			Waist	
39			Hips	
40			Right Thigh	
41			Left Thigh	
42			Right Calf	
43			Left Calf	
TOTAL LBS LOST =		0.0	INCHES LOST = 0.00	