

Tracking Your Progress

1. Compute Your Body Mass Index (BMI)

Before BMI: _____ (Weight x 703 / Height / Height)

After BMI: _____

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30 and Above	Obese

2. Weight

Start	End

Total Weight Loss _____

3. My Measurements

Measurement	Start	End	Difference
Upper Arm (Left)			
Upper Arm (Right)			
Chest			
Abdomen (Belly Button)			
Waist			
Buttocks			
Upper Thigh (Left)			
Upper Thigh (Right)			
Calf (Left)			
Calf (Right)			
My Total Inches			
My Total Inches Lost			

4. Daily Weight tracker

Day	Weight	Day	Weight
Load Day #1		22	
Load Day #2		23	
1		24	
2		25	
3		26	
4		27	
5		28	
6		29	
7		30	
8		31	
9		32	
10		33	
11		34	
12		35	
13		36	
14		37	
15		38	
16		39	
17		40	
18		Phase 3	No HCG!!
19		1	
20		2	
21		3	

IMPORTANT!

The last 3 weeks you must maintain within 2.0 lbs of your weight on day 40!

Day	Weight	Day	Weight
1		12	
2		13	
3		14	
4		15	
5		16	
6		17	
7		18	
8		19	
9		20	
10		21	
11			