



SHAPE DAILY WEIGHT TRACKER

Name: _____ Program: 6 Weeks

WEEK 1						
DAY 1: Start hCG LOADING DAY	DAY 2: LOADING DAY	DAY 3:	DAY 4:	DAY 5:	DAY 6:	DAY 7:
WEEK 2						
DAY 8:	DAY 9:	DAY 10:	DAY 11:	DAY 12:	DAY 13:	DAY 14:
WEEK 3						
DAY 15:	DAY 16:	DAY 17:	DAY 18:	DAY 19:	DAY 20:	DAY 21:
WEEK 4						
DAY 22: No hCG 500 CALORIES	DAY 23: No hCG 500 CALORIES	DAY 24:	DAY 25:	DAY 26:	DAY 27:	DAY 28:
WEEK 5						
DAY 29:	DAY 30:	DAY 31:	DAY 32:	DAY 33:	DAY 34:	DAY 35:
WEEK 6						
DAY 36:	DAY 37:	DAY 38:	DAY 39:	DAY 40:	DAY 41:	DAY 42:

CONGRATULATIONS!