



SHAPE DAILY WEIGHT TRACKER

Name: _____ Program: 9 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:	DAY 23:	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:

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WEEK 7						
DAY 43: NO hcG 500 CALORIES	DAY 44: NO hcG 500 CALORIES	DAY 45:	DAY 46:	DAY 47:	DAY 48:	DAY 49:
WEEK 8						
DAY 50:	DAY 51:	DAY 52:	DAY 53:	DAY 54:	DAY 55:	DAY 56:
WEEK 9						
DAY 57:	DAY 58:	DAY 59:	DAY 60:	DAY 61:	DAY 62:	DAY 63:

CONGRATULATIONS!