

HCG Diet Daily Measurements									
NAME: _____									
Date	Day	ROUND # _____	Enter Weight	Weight Change	Blood Pressure	Waist	Hips	Arms	Thighs
	0	Your weight before HCG-->							
Phase 2	gorge first 2 days then maintain 500 calorie limit until the end of this phase,15 drops 3x's/day								
	1	Gorge-HCG Drops							
	2	Gorge-HCG Drops							
	3	HCG drops-500							
	4	HCG drops-500							
	5	HCG drops-500							
	6	HCG drops-500							
	7	HCG drops-500							
	8	HCG drops-500							
	9	HCG drops-500							
	10	HCG drops-500							
	11	HCG drops-500							
	12	HCG drops-500							
	13	HCG drops-500							
	14	HCG drops-500							
	15	HCG drops-500							
	16	HCG drops-500							
	17	HCG drops-500							
	18	HCG drops-500							
	19	HCG drops-500							
	20	HCG drops-500							
	21	HCG drops-500							
	22	HCG drops-500							
	23	HCG drops-500							
	24	HCG drops-500							
	25	HCG drops-500							
	26	no drops-500							
	27	no drops-500							
	28	no drops-500							
Phase 3	increase portions/variety,no starches and sugars,eat full breakfast lunch dinner & 3 snacks,1500 calories finish your dinner 3 1/2 hours before bedtime, weigh everyday, if >2lbs then steak day,15 drops 3x's/day								