

### HCG Tracking Chart

Name

Enter morning weight. Daily Change and Net change will automatically calculate.

**Phase 1 and Phase 2 Twenty Six days**

| Day    | Diet and HCG   | Date | Steak Day? | Morning Weight | Daily Change | Net Change | Notes/ Comments: diet notes, how did you feel, exercise, etc. |
|--------|--|------|------------|----------------|--------------|------------|---|
| Day 0  | Preloading   |      |            |                |              |            |   |
| Day 1  | Take correct HCG drops but do a loading diet day           |      |            |                |              |            |   |
| Day 2  | Take correct HCG drops but do a loading diet day           |      |            |                |              |            |   |
| Day 3  | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 4  | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 5  | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 6  | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 7  | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 8  | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 9  | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 10 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 11 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 12 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 13 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 14 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 15 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 16 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 17 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 18 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 19 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 20 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 21 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 22 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 23 | Take correct HCG drops eat the 500 calorie allowable foods |      |            |                |              |            |   |
| Day 24 | NO HCG DROPS continue 500 calorie allowable foods          |      |            |                |              |            |   |
| Day 25 | NO HCG DROPS continue 500 calorie allowable foods          |      |            |                |              |            |   |
| Day 26 | NO HCG DROPS continue 500 calorie allowable foods          |      |            |                |              |            |   |