

## 21 Day - HCG Amino Plus Weight Loss Tracker for Women

Instructions: Enter your Height in the boxes to the right, then enter your weight and measurements in the columns below. You must enter your weight every day, although body measurements are not required daily you should enter them at least weekly. The last four (gray) columns are calculated for you. View your progress by looking at the Measurements, Weight and BMII, and Weight and Body Fat Charts on the other worksheets.

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Height (feet)	
Height (inches)	



Date	te n/dd/yy	Weight (pounds)	Chest (inches)	Waist (inches)	Hips (inches)	Wrist (inches)	Forearm (inches)	Estimated Lean Body Weight	Estimated Body Fat Weight	Estimated Body Fat Percentage	Estimated Body Mass Index (BMI)	Daily Weight Loss	Cum. Weight Loss
Pha	ise I - Loc	ıd days											
1/1/													
2 1/2/	/2010												
1/3/	/2010												
Pha	ıse II - VL	CD											
1/4/	2010												T
1/5/	/2010												
1/6/	/2010												$\overline{}$
1/7/	/2010												$\overline{}$
1/8/	/2010												
1/9/	/2010												
1/10	0/2010												
1/11	1/2010												
1/12	2/2010												
1/13	3/2010												
1/14	4/2010												
1/15	5/2010												
1/16	5/2010												
1/17	7/2010												
1/18	3/2010												
1/19	7/2010				İ								
1/20	0/2010				Ì								
1/21	1/2010												
1/22	2/2010												
1/23	3/2010												
1/24	4/2010												
Pha	ise III - St	op Taking HCG, C	ontinue VLC	D .									
_	5/2010												Т
1/26	5/2010												
_	7/2010												