

21 Day Women's Weight

Use the chart below to track your weight loss while on HCG.
 To get your accurate "Current Weight" for each day, weigh yourself in the morning immediately after you use the restroom.
 If you need any other resources, the forms are found at : www.myhcgut.com/success.html

REMEMBER TO DRINK WATER CONSTANTLY!

Day	Date	Current Weight	Weight Loss	Notes
Day 1 Gorging				This is your Starting Weight
Day 2 Gorging				
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				This is your Ending Weight
Notes				