

HCG Weight Loss Chart
www.HCGCompany.com

Day	Day of Week	Drops?	Date	Weight	Daily Loss	Total Loss
1	Monday	Y			Gorge Days	
2	Tuesday	Y				
3	Wednesday	Y				
4	Thursday	Y				
5	Friday	Y				
6	Saturday	Y				
7	Sunday	Y				
8	Monday	Y				
9	Tuesday	Y				
10	Wednesday	Y				
11	Thursday	Y				
12	Friday	Y				
13	Saturday	Y				
14	Sunday	Y				
15	Monday	Y				
16	Tuesday	Y				
17	Wednesday	Y				
18	Thursday	Y				
19	Friday	Y				
20	Saturday	Y				
21	Sunday	Y				
22	Monday	Y				
23	Tuesday	Y				
24	Wednesday	Y				
25	Thursday	Y				
26	Friday	Y				
27	Saturday	Y				
28	Sunday	Y				
29	Monday	Y				
30	Tuesday	Y				
31	Wednesday	Y				
32	Thursday	Y				
33	Friday	Y				
34	Saturday	Y				
35	Sunday	Y				
36	Monday	Y				
37	Tuesday	Y				
38	Wednesday	Y				
39	Thursday	Y				
40	Friday	Y				
41	Saturday	N	Core Weight			
42	Sunday	N				
43	Monday	N	Start Phase 3			

 Core Weight- Use this weight for determination of steak day.