

PROGRESS TRACKING SHEET FOR 26 DAY COURSE

Date	Day	Injections	Weight	Daily +/-	Notes
	1	# 1 - Load			
	2	# 2 - Load			
	3	# 3			
	4	# 4			
	5	# 5			
	6	# 6			
	7	# 7			
	8	# 8			
	9	# 9			
	10	# 10			
	11	# 11			
	12	# 12			
	13	# 13			
	14	# 14			
	15	# 15			
	16	# 16			
	17	# 17			
	18	# 18			
	19	# 19			
	20	# 20			
	21	# 21			
	22	# 22			
	23	# 23			
	24	no injection *			
	25	no injection *			
	26	no injection *			
*continue 500 calorie diet			TOTAL WEIGHT LOST		
(The last 72 hours, do not inject hCG, but continue 500 calorie diet.					
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