

HCG BUY DIRECT - WEIGHT LOSS POUNDS AND INCHES TRACKING SHEET
15 DAY HCG DIET PROGRAM www.hcgbuydirect.com

	DAY 1	DAY 7	DAY 15
WEIGHT			
Chest / Bust			
Waist			
Hips			
Bicep (Left)			
Bicep (Right)			
Thigh (Left)			
Thigh (Right)			
Calf (Left)			
Calf (Right)			