

## HCG DIET WEIGHT LOSS POUNDS AND INCHES 26 DAY TRACKING SHEET

	DAY 1	DAY 7	DAY 14	DAY 21	DAY 26	TOTAL
<b>WEIGHT</b>						
<b>Chest / Bust</b>						
<b>Waist</b>						
<b>Hips</b>						
<b>Bicep (Left)</b>						
<b>Bicep (Right)</b>						
<b>Thigh (Left)</b>						
<b>Thigh (Right)</b>						
<b>Calf (Left)</b>						
<b>Calf (Right)</b>						