

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

	DAY 1	DAY 7	DAY 14	DAY 21	DAY 30
WEIGHT					
Chest / Bust					
Waist					
Hips					
Bicep (Left)					
Bicep (Right)					
Thigh (Left)					
Thigh (Right)					
Calf (Left)					
Calf (Right)					