



Your Weight Loss Tracking Log

Beginning Weight Phase I _____ Phase 2 _____
 Phase 3 _____ Phase 4 _____ Weight Loss Goal _____

Phase 2 Gorge Day 1 Weight _____ Phase 2 Gorge Day 2 Weight _____
 Very Low Calorie Days 1-21

Day/Date VLCD	Food Diary 2 Protein 2 Veg H2O Teas 2 Fruit	Todays Weight	Todays Loss	Total Loss
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				

Phase 1 is for Detoxification, Phase 2 is For Weight Loss, Phase 3 is for Resetting your Metabolism,
 Phase 4 Is For Life! Each Phase is Important, please do not shortchange yourself during this process.

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Day/Date VLCD	Food Diary 2 Protein 2 Veg H2O Teas 2 Fruit	Todays Weight	Todays Loss	Total Loss
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				
41				
42				
43				

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