



Diet Tracker

DAILY LOG			ESSENTIAL MEASUREMENTS				DAILY DROPS TRACKING		
Diet Stage	Date	Day	Weight	Waist	Thigh	Upper Arm	Dose 1	Dose 2	Dose 3
STAGE 1: LOAD UP		1							
		2							
STAGE 2: LOSE IT		3							
		4							
		5							
		6							
		7							
		8							
		9							
		10							
		11							
		12							
		13							
		14							
		15							
		16							
		17							
		18							
		19							
		20							
		21							

DAILY LOG			ESSENTIAL MEASUREMENTS				DAILY DROPS TRACKING		
Diet Stage	Date	Day	Weight	Waist	Thigh	Upper Arm	Dose 1	Dose 2	Dose 3
STAGE 3: LOCK IN		22							
		23							
		24							
		25							
		26							
		27							
		28							
		29							
		30							
		31							
		32							
		33							
		34							
		35							
		36							
		37							
		38							
		39							
		40							
		41							
	42								
STAGE 4: LIVE ON		43							