

Name:				
Phase 1&2 Chart				
Day	Date	Weight	Gain/loss	Notes: Cheats, eating patterns, etc.
Phase 1				
Gorge Day 1				
Gorge Day 2				
Phase 2				
1				
2				
3				
4				
5				
6				
7				Call or email with weight loss results
8				
9				
10				
11				
12				
13				
14				Call or email with weight loss results
15				
16				
17				
18				
19				
20				
21				Call or email with weight loss results
22				
23				
24				
25				
26				
27				
28				Call or email with weight loss results
29				
30				
31				
32				
33				
34				
35				Call or email with weight loss results
36				
37				
38				
39				
40				
41				
42				Call or email with weight loss results
Phase 2B				
DIET NO Body Comp. Formula				
DIET NO Body Comp. Formula				