

Name:				
Phase 3			Stabilization Phase	
Day	Date	Weight	gain/loss	Notes:cheats,steak days, eating patterns etc.
1				Write/email testimonial for Weight Loss Program
2				and receive a \$20.00 gift certificate.
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20				Take after picture.
21				Call to book follow up appointment if not already done

Congratulations on your weight loss success. We encourage you to follow a healthy lifestyle (this includes a little exercise) and diet now that you are in Phase 4. Visit our website and like us on facebook. There you will find some delicious recipes that can be included in any healthy eating plan.
www.kawarthanaturalhealthclinic.com