HCG Phase 2 (Lose)

Day	Date	Weight	Left Arm	Left Leg	Waist	Hips	Drops 6x6						2 Protein		2 Veggies		2 Grains		2 Fruit		Water
1																					
2																					
3																					
4																					
5																					
6																					
7																					
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16																					
17																					
18																					
19																					
20																					
21																					

Optional additional days:

Day	Date	Weight	Left Arm	Right Arm	Waist	Hips	Drops 6x6						2 Protein		2 Veggies		2 Grains		2 Fruit		Water
22																					
23																					
24																					
25																					
26																					
27																					
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