

HCG Weight Loss Chart

	WEIGHT	MEASUREMENTS			WEIGHT	MEASUREMENTS	
		Waist	Hips			Waist	Hips
DAY 1				DAY 23			
DAY 2				DAY 24			
DAY 3				DAY 25			
DAY 4				DAY 26			
DAY 5				DAY 27			
DAY 6				DAY 28			
DAY 7				DAY 29			
DAY 8				DAY 30			
DAY 9				DAY 31			
DAY 10				DAY 32			
DAY 11				DAY 33			
DAY 12				DAY 34			
DAY 13				DAY 35			
DAY 14				DAY 36			
DAY 15				DAY 37			
DAY 16				DAY 38			
DAY 17				DAY 39			
DAY 18				DAY 40			
DAY 19				Notes:			
DAY 20							
DAY 21							
DAY 22							