

Tracking Your Progress

Day	Date	Weight	Dose 1	Dose 2	Dose 3	Notes
1						Binge day. Start HCG drops, 3 doses per day.
2						Binge day. Continue with drops til end of plan.
3						Start 500 calorie diet, continue taking drops until 20 th or 40 th day, depending on your plan.
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20						Last day of HCG drops for 23-day plan.
21						For 23-day plan: continue 500 cal diet with no HCG drops for the next 3 days.
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23						Last day of 500-cal diet for 23-day plan.
24						For 23-day plan, begin maintenance phase.
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