

HCG DIET TRACKER

Start Date: _____

Week 1

Day	Weight	HCG	Bkfst	Meat	Lunch Veggie	Fruit	Melba Toast	Meat	Dinner Veggie	Fruit	Melba Toast	Total Water
1			LOAD DAY									
2			LOAD DAY									
3			LOAD DAY									
4												
5												
6												
7												

Check In

Week 2

8												
9												
10												
11												
12												
13												
14												

Check In

Week 3

15												
16												
17												
18												
19												
20												
21												

Check In

HCG DIET TRACKER

Start Date:

Week 4

Day	Weight	HCG	Bkfst	Meat	Lunch Veggie	Fruit	Melba Toast	Meat	Dinner Veggie	Fruit	Melba Toast	Total Water
22												
23												
24												
25												
26												
27												
28												

Check In

Week 5

29												
30												
31												
32												
33												
34												
35												

Check In

Week 6

36												
37												
38												
39												
40												
41		NO										
42		NO										

Check In