



## 23 Day Skinny Up! Weight Tracking Guide:

Skinny Up!

Day Number/Date:	Weight:	Time of Day Weighed:	Additional Daily Notes:
<b>Load Day 1: start HCG</b> 1.			
<b>Load Day 2</b> 2.			
<b>Begin 500 calorie diet</b> 3.			
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On day 24 stop taking HCG, continue 500 calorie diet for 2 days. On day 25/26 you will begin to get very hungry, this is when you know the HCG is completely out of your system and you can begin a 1500 calorie diet without starch or sugar. You may incorporate dairy.