

## Weight Loss Chart

Day	Weight	Daily loss	Day	Weight	Daily loss
Example 1	86.5	-	24		
Example 2	86.1	0.4KG	25		
Day 1			26		
2			27		
3			28		
4			29		
5			30		
6			31		
7			32		
8			33		
9			34		
10			35		
11			36		
12			37		
13			38		
14			39		
15			40		
16			41		
17			42		
18			43		
19			44		
20			45		
21			46		
22			47		
23			48		

## Body Measurements Chart

Week	Waist	Hips	Stomach	Chest	Thigh	Arm
0 (initial)						
1						
2						
3						
4						
5						
6						
7						

Make sure the measuring tape is flat and not twisted. Don't pull too tight, but make sure the measuring tape is touching your skin all the way around. Above all, be consistent in how you take the measurements each time.

**Waist.** Measure around the narrowest point above your hip bones.

**Hips.** Measure at the biggest point between your waist and thigh.

**Stomach.** Measure at the navel line.

**Chest.** Measure at the biggest point, or at the nipple line.

**Thigh.** Measure around one leg at the biggest point.

**Arm.** Measure around one arm at the biggest point (the bicep).

rose cook  
WEIGHT MANAGEMENT

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## Daily Meal Chart

Day	Protein	Vegetable	Fruit	Starch
Example	Veal	Spinach	Orange	Grissini
	Crab	Cucumber	Apple	Melba toast
Day 3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				

## Daily Meal Chart (continued)

Day	Protein	Vegetable	Fruit	Starch
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				

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**Your new weight:** \_\_\_\_\_

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