

**ROSE COOK**  
WEIGHT MANAGEMENT



[WWW.ROSECOOK.CO.NZ](http://WWW.ROSECOOK.CO.NZ)

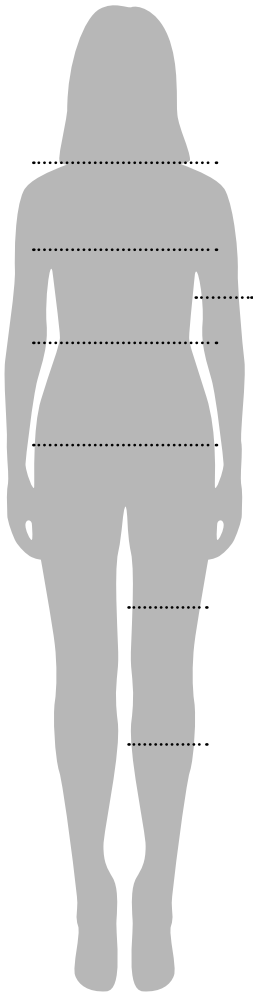
# **HCG Diet Planner**

**SIMPLY, FAST AND EFFECTIVE WEIGHT LOSS**

# Measurement Tracker

DATE: \_\_\_\_\_

**GOAL**



**PROGRESS**

|        | Week 01 | Week 02 | Week 03 | Week 04 | Week 05 | Week 06 | Week 07 | Week 08 |
|--------|---------|---------|---------|---------|---------|---------|---------|---------|
| WEIGHT |         |         |         |         |         |         |         |         |
| NECK   |         |         |         |         |         |         |         |         |
| CHEST  |         |         |         |         |         |         |         |         |
| ARMS   |         |         |         |         |         |         |         |         |
| WAIST  |         |         |         |         |         |         |         |         |
| HIPS   |         |         |         |         |         |         |         |         |
| THIGHS |         |         |         |         |         |         |         |         |
| CALF   |         |         |         |         |         |         |         |         |
|        |         |         |         |         |         |         |         |         |

**NOTES**

# Meal Planner

**ROSE COOK**  
WEIGHT MANAGEMENT

DATE: \_\_\_\_\_

## MONDAY

Lunch

Food

## TUESDAY

Activity

Food

## WEDNESDAY

Activity

Food

## THURSDAY

Activity

Food

## FRIDAY

Activity

Food

## SATURDAY

Activity

Food

## SUNDAY

Activity

Food

## OTHER NOTES

# Weight Loss Goal

START DATE:

END DATE:

## GOALS

## MOTIVATION

## MY PLAN

## BEFORE

## AFTER

| BEFORE | AFTER |
|--------|-------|
|        |       |
|        |       |
|        |       |
|        |       |
|        |       |
|        |       |
|        |       |
|        |       |
|        |       |
|        |       |

# Daily Weight Loss Tracker

START DATE: \_\_\_\_\_

|                   |                   |        |        |        |        |
|-------------------|-------------------|--------|--------|--------|--------|
| LOADING<br>DAY 01 | LOADING<br>DAY 02 | DAY 03 | DAY 04 | DAY 05 | DAY 06 |
| DAY 07            | DAY 08            | DAY 09 | DAY 10 | DAY 11 | DAY 12 |
| DAY 13            | DAY 14            | DAY 15 | DAY 16 | DAY 17 | DAY 18 |
| DAY 19            | DAY 20            | DAY 21 | DAY 22 | DAY 23 | DAY 24 |
| DAY 25            | DAY 26            | DAY 27 | DAY 28 | DAY 29 | DAY 30 |
| DAY 31            | DAY 32            | DAY 33 | DAY 34 | DAY 35 | DAY 36 |
| DAY 37            | DAY 38            | DAY 39 | DAY 40 | DAY 41 | DAY 41 |

**NOTES**

\_\_\_\_\_

# Weekly Weight Loss Tracker

START DATE: \_\_\_\_\_

|         | WEEK START | WEEK END | TOTAL LOSS |
|---------|------------|----------|------------|
| WEEK 01 |            |          |            |
| WEEK 02 |            |          |            |
| WEEK 03 |            |          |            |
| WEEK 04 |            |          |            |
| WEEK 05 |            |          |            |
| WEEK 06 |            |          |            |

NOTES

# Maintenance Tracker

DATE: \_\_\_\_\_

Remember, the purpose of the maintenance phase is to stabilise and allow your body to adjust to your new weight. It would be best if you tried to stay within 1.3 Kg (3 lbs) of either side of your new weigh-in at the end of phase 2. Your weight will naturally fluctuate if you eat or drink before weighing. This is normal. You should aim for around 1500 calories per day to get started. This will give you a good benchmark to start from; from here, you can adjust to remain at the desired weight.

Doing the maintenance is crucial for you to understand how much your body needs to maintain your new weight. Remember to weigh yourself every morning after going to the bathroom.

**START WEIGHT**

**FINISH WEIGHT**

DAY 01

DAY 02

DAY 03

DAY 04

DAY 05

DAY 06

DAY 07

DAY 08

DAY 09

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

**NOTES**





