

HCG Weight Loss Protocol for: Scot

Weight	7/16	7/17	7/18	7/19	7/20	7/21	7/22	7/23	7/24	7/25	7/26	7/27	7/28	7/29	7/30	7/31	8/1	8/2	8/3	8/4	8/5	8/6	8/7
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Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Location	Shot	Shot	Shot	Shot	Shot	Shot	No Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	No Shot	Shot	Shot
	R	L	R	L	R	L	No Shot	R	L	R	L	R	Apple Day	No Shot	R	L	R	L	Check Up R	L	No Shot	R	L
Recorded Weight	232	232	233	235	229	224.8	223.6	223.2	222.2	221.4	220.8	219	218	217.6	217.8	216.8	216	215.2	215.8	212.6	213.2	212.4	210.6

