

DAILY WEIGHT LOG CHART



Week 1	1 START OF PHASE 1	2 END OF PHASE 1	1 START OF PHASE 2	2	3	4	5
Week 2	6	7	8	9	10	11	12
Week 3	13	14	15	16	17	18	19
Week 4	20	21	22	23	24	25	26
Week 5	27	28 END OF PHASE 2	1 START OF PHASE 3 WEIGH IN!	2	3 END OF PHASE 3	1 START OF PHASE 4	2
Week 6	3	4	5	6	7	8	9
Week 7	10	11	12	13	14	15	16
Week 8	17	18	19	20	21 END OF PHASE 4	1 START OF PHASE 5	 CR500 Works