

PROGRESS TRACKING SHEET FOR 43 DAY COURSE					
Date	Day	Injections	Weight	Daily +/-	Notes
	1	# 1 - Load			
	2	# 2 - Load			
	3	# 3			
	4	# 4			
	5	# 5			
	6	# 6			
	7	# 7 (no injection) *			
	8	# 8			
	9	# 9			
	10	# 10			
	11	# 11			
	12	# 12			
	13	# 13			
	14	# 14 (no injection) *			
	15	# 15			
	16	# 16			
	17	# 17			
	18	# 18			
	19	# 19			
	20	# 20			
	21	# 21 (no injection) *			
	22	# 22			
	23	# 23			
	24	# 24			
	25	# 25			
	26	# 26			
	27	# 27			
	28	# 28 (no injection) *			
	29	# 29			
	30	# 30			
	31	# 31			
	32	# 32			
	33	# 33			
	34	# 34			
	35	# 35 (no injection) *			
	36	# 36			
	37	# 37			
	38	# 38			
	39	# 39			
	40	# 40			
	41	(no injection) *			
	42	(no injection) *			
	43	(no injection) *			
		*continue 500 calorie diet	TOTAL WEIGHT LOST		

(The last 72 hours, do not inject hCG, but continue 500 calorie diet. On a 43 day course, skip and injection every 7 days to avoid immunity to hCG. Women who skip injections during menstruation will need to re-adjust the remaining skipped injections so that their next missed injection will be 7 days later.)