

How do I use the hCG weight tracker?

First select the number of days you are going to do. Go to the bottom and select from the 23 or 40 Day Weight Loss Tracker tabs. Let's say you are going to do the 40 day. Click on that tab and it will come up with the correct sheet.

Next go to the top of the page at the right and you will see Height, Ft, In, and Goal Weight (under sections F-L) and fill these in. Ft, In, and Goal Weight are in green where you need to put the number in. Use your tab key so it will begin calculating for you. Now move down to the date on the left side (under section C). It currently says 5/11/2010. Correct it, using the same format, to the date you will begin loading and taking your hCG drops or doing injections. All the dates will auto correct when you click in a different cell. Now you are set up to begin recording. Make sure you measure and record it in the correct area on the upper right side of the sheet (under sections N-Z). I know it is a hard thing to do, but trust me, at the end of the round you will see just how your body has changed. And sometimes when you aren't seeing the scale move much or at all (it does happen when your body is catching up to all the weight it is dropping), if you measure, you will most likely see the inches disappearing.

The problem with this tracker, as good as it is and such a useful tool, is that it did not have the correct number of days for VLCD without the hCG for the homeopathic method. It actually should be 72 hours after last dose. If you had your last dose say on Monday at 9 PM, 72 hours would actually be over Thursday night at 9 PM so you would not want to start P3 until Friday morning since it is not advisable to eat within 3 hours of going to bed for the night. Please take this in account when you are at the final days of using this. You may just not fill in one of the days and just record the weight off to the side somewhere so you have it available for your own information

Now take pictures of yourself or have a trusted friend or relative do it for you. Where a swim suit or something that clings so you can actually see your shape. Stand in a place where you can be once a week to take the exact same pictures. Do a frontal picture with your arms out, a side picture with your arms up, and a back view with your arms out. I didn't do this and I will forever be mad at myself. I hated the way I looked so much that I would not do this. Now, I regret it so much because I will never go back to that size again and I wish I had something to remind me why. Plus, for me, it was such a dramatic change in my shape. So, JUST DO IT. You will not be sorry when you are at your goal weight.

You can make short notes in the Field under section A, like increased drops to XX or things like that. Keep a journal of your food and how you are feeling. That is best done on a site like fitday.com or something like that.

You can also make a tracker for yourself that is kind of fun to create and watch as it shows your weight sliding towards that lower number. You can find it at:  
[http://www.tickerfactory.com/ezticker/ticker\\_designer.php](http://www.tickerfactory.com/ezticker/ticker_designer.php)

