

## Phase 2: Metabolic Resetting with HCG Protocol

*Instructions: Wake up, empty your bladder, weigh yourself without clothes and record the results, give yourself the HCG injection.*

Day of Phase 2	Date	Day of week	Weight	Change	Degree of Hunger (H/M/L)	Bowel Movement (Y/N)	Exercise Activity Level (H/M/L)	Food & Water Diary (List foods and amounts out)
1								
2								
3								
4								
5								

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6								
7								
8								
9								
10								

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11								
12								
13								
14								
15								

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16								
17								
18								
19								
20								

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21								
22								
23								
24								
25								

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26								
27								
28								
29								
30								

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31								
32								
33								
34								
35								

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36								
37								
38								
39								
40								

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41								
42								