

Phase 3: Lock In the Weight Loss

*Instructions: Wake up, empty your bladder, weigh yourself without clothes and record the results.
If you are 3 or more pounds over your last injection weight, immediately do a steak day.*

Day of Phase 3	Date	Day of week	Weight	Change	Bowel Movement (Y/N)	Exercise Activity Level (H/M/L)	Food & Water Diary (List foods and amounts out to learn calorie counts)
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							