

# PROGRESS TRACKER

Once you've completed the Getting Started List on page 3, you're ready to start using the Progress Tracker below. It's really easy to use.

Each day, you want to make sure you check off each item on your list. Do that every day for the next 90 days and you simply won't believe the results! That's all there is to it.

It takes about 15 minutes for your stomach to tell your brain that you've eaten enough. Slow down and you may find you don't need as much food as you think.

Start Date: \_\_\_\_\_

CHECK LIST	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Take Alert										
Take Core										
Drink Shake #1										
Drink Shake #2										
Meet (or exceed) your Water Limit										
Earn 2 Fitness Points										
Stay within Daily Calorie Limit										

CHECK LIST	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Take Alert										
Take Core										
Drink Shake #1										
Drink Shake #2										
Meet (or exceed) your Water Limit										
Earn 2 Fitness Points										
Stay within Daily Calorie Limit										

CHECK LIST	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Take Alert										
Take Core										
Drink Shake #1										
Drink Shake #2										
Meet (or exceed) your Water Limit										
Earn 2 Fitness Points										
Stay within Daily Calorie Limit										

## Record Your Weight:

Day 10: \_\_\_\_\_

Day 20: \_\_\_\_\_

Day 30: \_\_\_\_\_