M2 Metabolic Method Personal Progress Chart

DAY 1: No Diet – eat all you want, start Metabolic Method M2 Drops
DAY 2: No Diet – eat all you want, continue Metabolic Method M2 Drops
DAY 3: Start 500 calorie diet, continue Metabolic Method M2 Drops
CONTINUE 500 calorie diet and M2 Drops until you reach your goal weight*
(*CONGRATULATIONS! Now stop the drops and continue the 500 calorie diet for an additional three days. Then you will start the Resetting & Stabilization Step.)

Day of Program	Day of Week	Date	Weight	Blood Pressure	Chest	Waist	Hip	Thigh	Dose of Drops
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
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18									
19									
20									
21									
22									
28									

M2 Metabolic Method Personal Progress Chart

Day of Program	Day of Week	Date	Weight	Blood Pressure	Chest	Waist	Hip	Thigh	Dose of Drops
29									
30									
31									
32									
33									
34									
35									
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