

### Advance Tracking Chart

Name

Enter morning weight. Daily Change and Net change will automatically calculate.

**Phase 1 and Phase 2 Forty days** **pick one day each week to skip your drops. Use the same day every week.**

Day	Diet and Drops	Skip Day	Date	H <sub>2</sub> O Intake	Morning Weight	Daily Change	Net Change	Notes/ Comments: diet notes, how did you feel, exercise, etc.
Day 0	Preloading							
Day 1	Take correct ADVANCE MAX drops but do a loading diet day							
Day 2	Take correct ADVANCE MAX drops but do a loading diet day							
Day 3	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 4	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 5	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 6	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 7	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 8	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 9	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 10	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 11	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 12	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 13	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 14	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 15	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 16	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 17	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 18	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 19	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 20	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 21	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 22	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 23	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 24	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 25	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 26	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 27	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
Day 28	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							

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<b>Day 29</b>	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
<b>Day 30</b>	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
<b>Day 31</b>	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
<b>Day 32</b>	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
<b>Day 33</b>	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
<b>Day 34</b>	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
<b>Day 35</b>	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
<b>Day 36</b>	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
<b>Day 37</b>	Take correct ADVANCE MAX drops and follow ADVANCE Diet Protocol							
<b>Day 38</b>	NO ADVANCE MAX DROPS continue following ADVANCE Diet Protocol							
<b>Day 39</b>	NO ADVANCE MAX DROPS continue following ADVANCE Diet Protocol							
<b>Day 40</b>	NO ADVANCE MAX DROPS continue following ADVANCE Diet Protocol							

**Phase 3 Three Weeks Minimum 1500 calories/day. Manage calories to stay within 2 lbs of Day 40 wt. No carbs, minimum fats**

Week	Day	Calorie/dietary intake	Date	Steak Day?	Morning Weight	Daily Change	Net Change (from Day 40)	Notes/ Comments: diet notes, how did you feel, exercise, etc.
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Starting weight = day 40

0.0

<b>Week 1</b>	<b>Day 1</b>	Eat 1500 + Calories with no carbs and limited fats						
	<b>Day 2</b>	Eat 1500 + Calories with no carbs and limited fats						
	<b>Day 3</b>	Eat 1500 + Calories with no carbs and limited fats						
	<b>Day 4</b>	Eat 1500 + Calories with no carbs and limited fats						
	<b>Day 5</b>	Eat 1500 + Calories with no carbs and limited fats						
	<b>Day 6</b>	Eat 1500 + Calories with no carbs and limited fats						
	<b>Day 7</b>	Eat 1500 + Calories with no carbs and limited fats						
<b>Week 2</b>	<b>Day 1</b>	Eat 1500 + Calories with no carbs and limited fats						
	<b>Day 2</b>	Eat 1500 + Calories with no carbs and limited fats						
	<b>Day 3</b>	Eat 1500 + Calories with no carbs and limited fats						
	<b>Day 4</b>	Eat 1500 + Calories with no carbs and limited fats						
	<b>Day 5</b>	Eat 1500 + Calories with no carbs and limited fats						
	<b>Day 6</b>	Eat 1500 + Calories with no carbs and limited fats						
	<b>Day 7</b>	Eat 1500 + Calories with no carbs and limited fats						
<b>Week 3</b>	<b>Day 1</b>	Eat 1500 + Calories with no carbs and limited fats						

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<b>Day 2</b>	Eat 1500 + Calories with no carbs and limited fats							
<b>Day 3</b>	Eat 1500 + Calories with no carbs and limited fats							
<b>Day 4</b>	Eat 1500 + Calories with no carbs and limited fats							
<b>Day 5</b>	Eat 1500 + Calories with no carbs and limited fats							
<b>Day 6</b>	Eat 1500 + Calories with no carbs and limited fats							
<b>Day 7</b>	Eat 1500 + Calories with no carbs and limited fats							

**Phase 4 Manage Maintenance Diet within 2 lbs of day 40 weight. Add carbs and fats consistent with maintaining target weight**

Week	Day	Calorie/dietary intake	Date	Steak Day?	Morning Weight	Daily Change	Net Change (from Day 40)	Notes/ Comments: diet notes, how did you feel, exercise, etc.
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**Starting weight = day 40**

**0.0**

Week 4	<b>Day 1</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 2</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 3</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 4</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 5</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 6</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 7</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
Week 5	<b>Day 1</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 2</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 3</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 4</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 5</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 6</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 7</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
Week 6	<b>Day 1</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 2</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 3</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 4</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 5</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 6</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	<b>Day 7</b>	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						

**Choose your own dates to take measurements, but we recommend weekly**

<b>Date</b>	<b>Bust/ Chest</b>	<b>Waist</b>	<b>Hips</b>	<b>Belly</b>	<b>Inner Thigh</b>	<b>Bicep</b>
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Enter morning weight. Daily Change and Net change will automatically calculate.

## Manage and track your weight - lifetime!

Week	Day	Calorie/dietary intake	Date	Steak Day?	Morning Weight	Daily Change	Net Change	Notes/ Comments: diet notes, how did you feel, exercise, etc.
		Starting weight from Week 3 day 7 of Maintenance Phase			0.0			
1	Day 1	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 2	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 3	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 4	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 5	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 6	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 7	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
2	Day 1	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 2	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 3	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 4	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 5	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 6	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 7	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
3	Day 1	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 2	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 3	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 4	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 5	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 6	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 7	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
4	Day 1	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 2	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 3	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 4	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 5	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 6	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 7	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
5	Day 1	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 2	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						

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## Manage and track your weight - lifetime!

Week	Day	Calorie/dietary intake	Date	Steak Day?	Morning Weight	Daily Change	Net Change	Notes/ Comments: diet notes, how did you feel, exercise, etc.
		Starting weight from Week 3 day 7 of Maintenance Phase			0.0			
6	Day 3	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 4	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 5	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 6	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 7	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 1	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 2	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
7	Day 3	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 4	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 5	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 6	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 7	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 1	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 2	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
8	Day 3	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 4	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 5	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 6	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 7	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 1	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 2	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
9	Day 3	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 4	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 5	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 6	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						

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Enter morning weight. Daily Change and Net change will automatically calculate.

Manage and track your weight - lifetime!

Week	Day	Calorie/dietary intake	Date	Steak Day?	Morning Weight	Daily Change	Net Change	Notes/ Comments: diet notes, how did you feel, exercise, etc.
		Starting weight from Week 3 day 7 of Maintenance Phase			0.0			
10	Day 5	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 6	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 7	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 1	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 2	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 3	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 4	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
11	Day 5	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 6	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 7	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 1	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 2	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 3	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 4	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
12	Day 5	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 6	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 7	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 1	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 2	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 3	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
	Day 4	increase calories, carbs and fats but maintain target weight (+/- 2lbs)						
Day 5	increase calories, carbs and fats but maintain target weight (+/- 2lbs)							
Day 6	increase calories, carbs and fats but maintain target weight (+/- 2lbs)							
Day 7	increase calories, carbs and fats but maintain target weight (+/- 2lbs)							