

Advance Tracking Chart

Name

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

Phase 1 and Phase 2 Twenty Six days

Day	Diet and Drops	Date	H ₂ 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						

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Day 28	NO ADVANCE MAX DROPS continue following ADVANCE Diet Protocol						
Day 29	NO ADVANCE MAX DROPS continue following ADVANCE Diet Protocol						
Day 30	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 30 wt. No carbs, minimum fats

Week	Day	Calorie/dietary intake	Date	Steak Day?	Morning Weight	Daily Change	Net Change (from Day 26)	Notes/ Comments: diet notes, how did you feel, exercise, etc.
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Starting weight = day 30

0.0

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

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

Phase 4 Manage Maintenance Diet within 2 lbs of day 30 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 26)	Notes/ Comments: diet notes, how did you feel, exercise, etc.
Starting weight = day 30			0.0					
Week 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)						
Week 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)						
	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)						
Week 6	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)						

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

Date	Bust/ Chest	Waist	Hips	Belly	Inner Thigh	Bicep
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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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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)							