

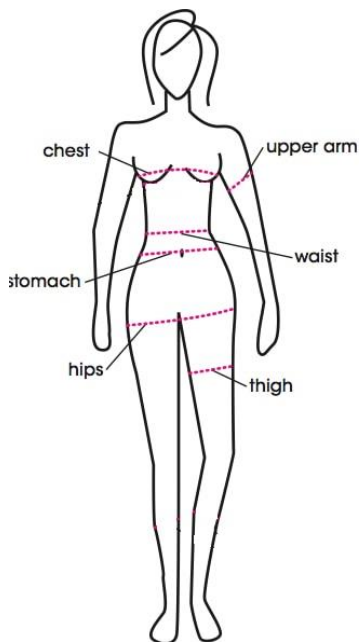


# Weight Tracker

Transformation - Day 1	Transformation - Day 2	Transformation - Day 3	Transformation - Day 4	Transformation - Day 5	Transformation - Day 6	Transformation - Day 7
Transformation - Day 8	Transformation - Day 9	Transformation - Day 10	Transformation - Day 11	Transformation - Day 12	Transformation - Day 13	Transformation - Day 14
Transformation - Day 15	Transformation - Day 16	Transformation - Day 17	Transformation - Day 18	Transformation - Day 19	Transformation - Day 20	Transformation - Day 21
Transformation - Day 22	Transformation - Day 23	Transformation - Day 24	Transformation - Day 25	Transformation - Day 26	Transformation - Day 27	Transformation - Day 28
Transformation - Day 29	Transformation - Day 30	Lifestyle - Day 31	Lifestyle - Day 32	Lifestyle - Day 34	Lifestyle - Day 35	Lifestyle - Day 36
Lifestyle - Day 37	Lifestyle - Day 38	Lifestyle - Day 39	Lifestyle - Day 40	Lifestyle - Day 41	Lifestyle - Day 42	Lifestyle - Day 43
Lifestyle - Day 44	Start Transformation again - Day 45	Congratulation - You just completed 1 full round of the Slim Program!!! If you wish to lose more weight, simply start again				



# Measurement Tracker



	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
CHEST							
ARM							
WAIST							
STOMACH							
HIPS							
THIGH							
TOTAL							