

21



Last **Diet**

Start Date.....

Weight to maintain.....

21 Day MAINTENANCE - 1500 Calories. NO sugars, carbohydrates or starches

Record your weight daily AND do not go above .9 (2lbs) of the weight you recorded on day 21 of part 2

1 NO CARBS OR SUGARS Date..... WEIGHT	2 NO CARBS OR SUGARS Date..... WEIGHT	3 NO CARBS OR SUGARS Date..... WEIGHT	4 NO CARBS OR SUGARS Date..... WEIGHT	5 NO CARBS OR SUGARS Date..... WEIGHT	6 NO CARBS OR SUGARS Date..... WEIGHT	7 NO CARBS OR SUGARS Date..... WEIGHT
8 NO CARBS OR SUGARS Date..... WEIGHT	9 NO CARBS OR SUGARS Date..... WEIGHT	10 NO CARBS OR SUGARS Date..... WEIGHT	11 NO CARBS OR SUGARS Date..... WEIGHT	12 NO CARBS OR SUGARS Date..... WEIGHT	13 NO CARBS OR SUGARS Date..... WEIGHT	14 NO CARBS OR SUGARS Date..... WEIGHT
15 NO CARBS OR SUGARS Date..... WEIGHT	16 NO CARBS OR SUGARS Date..... WEIGHT	17 NO CARBS OR SUGARS Date..... WEIGHT	18 NO CARBS OR SUGARS Date..... WEIGHT	19 NO CARBS OR SUGARS Date..... WEIGHT	20 NO CARBS OR SUGARS Date..... WEIGHT	21 NO CARBS OR SUGARS Date..... WEIGHT