

Name:

Name: _____

Loading Phase					Reduction Phase				
Day	Date	AM Drops 7am	PM Drops 2pm 9pm	Wt(lb)					
PH1 1					Food: Women: 4k Men: 5k (Fats, Oils, Sugars, Drink Calories, etc.)				
					Graze				
					All				
2					Food: Women: 4k Men: 5k (Fats, Oils, Sugars, Drink Calories, etc.)				
					Graze				
					All				
PH2 3		Blue			Day _____ Cleanse GHI Shake Lunch				
					_____ 1oz Liquid Complete Dinner				
					_____ Fit-Metabolix Shake				
4		Blue			Water _____ Exercise Lunch				
					_____ 1oz Liquid Complete Dinner				
					_____ Fit-Metabolix Shake				
5		Blue			Water _____ Exercise Lunch				
					_____ 1oz Liquid Complete Dinner				
					_____ Fit-Metabolix Shake				
					Water _____ Exercise				
					Global Weight Loss Blue and Pink Drops Days 3-42				

6	Blue					
	Pink					
7	Blue					
	Pink					
8	Blue					
	Pink					
9	Blue					
	Pink					
10	Blue					
	Pink					
11	Blue					
	Pink					

Reduction Phase

Cleanse GHI Shake 1oz Liquid Complete Fit-Metabolix Shake	Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
Dinner 1oz Liquid Complete Fit-Metabolix Shake	Dinner	
Water Cleanse GHI Shake	Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
1oz Liquid Complete Fit-Metabolix Shake	Dinner	
Water Cleanse GHI Shake	Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
1oz Liquid Complete Fit-Metabolix Shake	Dinner	
Water Cleanse GHI Shake	Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
1oz Liquid Complete Fit-Metabolix Shake	Dinner	
Water Cleanse GHI Shake	Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
1oz Liquid Complete Fit-Metabolix Shake	Dinner	
Water Cleanse GHI Shake	Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
1oz Liquid Complete Fit-Metabolix Shake	Dinner	
Water Cleanse GHI Shake	Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
1oz Liquid Complete Fit-Metabolix Shake	Dinner	
Water Cleanse GHI Shake	Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42

12	Blue								
	Pink								
13	Blue								
	Pink								
14	Blue								
	Pink								
15	Blue								
	Pink								
16	Blue								
	Pink								
17	Blue								
	Pink								

Reduction Phase

___ Cleanse GHI Shake ___ 1oz Liquid Complete ___ Fit-Metabolix Shake Water	Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake ___ 1oz Liquid Complete ___ Fit-Metabolix Shake Water	Exercise Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake ___ 1oz Liquid Complete ___ Fit-Metabolix Shake Water	Exercise Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake ___ 1oz Liquid Complete ___ Fit-Metabolix Shake Water	Exercise Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake ___ 1oz Liquid Complete ___ Fit-Metabolix Shake Water	Exercise Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake ___ 1oz Liquid Complete ___ Fit-Metabolix Shake Water	Exercise Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake ___ 1oz Liquid Complete ___ Fit-Metabolix Shake Water	Exercise Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42

18		Blue					
		Pink					
19		Blue					
		Pink					
20		Blue					
		Pink					
21		Blue					
		Pink					
22		Blue					
		Pink					
23		Blue					
		Pink					

Reduction Phase

____ Cleanse GHI Shake ____ 1oz Liquid Complete ____ Fit-Metabolix Shake Water ____	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
____ Cleanse GHI Shake ____ 1oz Liquid Complete ____ Fit-Metabolix Shake Water ____	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
____ Cleanse GHI Shake ____ 1oz Liquid Complete ____ Fit-Metabolix Shake Water ____	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
____ Cleanse GHI Shake ____ 1oz Liquid Complete ____ Fit-Metabolix Shake Water ____	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
____ Cleanse GHI Shake ____ 1oz Liquid Complete ____ Fit-Metabolix Shake Water ____	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
____ Cleanse GHI Shake ____ 1oz Liquid Complete ____ Fit-Metabolix Shake Water ____	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
____ Cleanse GHI Shake ____ 1oz Liquid Complete ____ Fit-Metabolix Shake Water ____	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
____ Cleanse GHI Shake ____ 1oz Liquid Complete ____ Fit-Metabolix Shake Water ____	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42

24	Blue								
	Pink								
25	Blue								
	Pink								
26	Blue								
	Pink								
27	Blue								
	Pink								
28	Blue								
	Pink								
29	Blue								
	Pink								

Reduction Phase

___ Cleanse GHI Shake 1oz Liquid Complete ___ Fit-Metabolix Shake Water ___	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake 1oz Liquid Complete ___ Fit-Metabolix Shake Water ___	Exercise Lunch Dinner Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake 1oz Liquid Complete ___ Fit-Metabolix Shake Water ___	Exercise Lunch Dinner Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake 1oz Liquid Complete ___ Fit-Metabolix Shake Water ___	Exercise Lunch Dinner Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake 1oz Liquid Complete ___ Fit-Metabolix Shake Water ___	Exercise Lunch Dinner Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake 1oz Liquid Complete ___ Fit-Metabolix Shake Water ___	Exercise Lunch Dinner Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake 1oz Liquid Complete ___ Fit-Metabolix Shake Water ___	Exercise Lunch Dinner Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
___ Cleanse GHI Shake 1oz Liquid Complete ___ Fit-Metabolix Shake Water ___	Exercise Lunch Dinner Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42

30	Blue					
	Pink					
31	Blue					
	Pink					
32	Blue					
	Pink					
33	Blue					
	Pink					
34	Blue					
	Pink					
35	Blue					
	Pink					

Reduction Phase

Cleanse GHI Shake 1oz Liquid Complete Fit-Metabolix Shake Water	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
Cleanse GHI Shake 1oz Liquid Complete Fit-Metabolix Shake Water	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
Cleanse GHI Shake 1oz Liquid Complete Fit-Metabolix Shake Water	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
Cleanse GHI Shake 1oz Liquid Complete Fit-Metabolix Shake Water	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
Cleanse GHI Shake 1oz Liquid Complete Fit-Metabolix Shake Water	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
Cleanse GHI Shake 1oz Liquid Complete Fit-Metabolix Shake Water	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42
Cleanse GHI Shake 1oz Liquid Complete Fit-Metabolix Shake Water	Lunch Dinner Exercise Lunch	Global Weight Loss Blue and Pink Drops Days 3-42

36	Blue						
	Pink						
37	Blue						
	Pink						
38	Blue						
	Pink						
39	Blue						
	Pink						
40	Blue						
	Pink						
41	Blue						
	Pink						

Reduction Phase

_____ Cleanse GHI Shake _____ 1oz Liquid Complete _____ Fit-Metabolix Shake _____ Water	Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42
_____ Cleanse GHI Shake _____ 1oz Liquid Complete _____ Fit-Metabolix Shake _____ Water	Exercise Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42
_____ Cleanse GHI Shake _____ 1oz Liquid Complete _____ Fit-Metabolix Shake _____ Water	Exercise Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42
_____ Cleanse GHI Shake _____ 1oz Liquid Complete _____ Fit-Metabolix Shake _____ Water	Exercise Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42
_____ Cleanse GHI Shake _____ 1oz Liquid Complete _____ Fit-Metabolix Shake _____ Water	Exercise Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42
_____ Cleanse GHI Shake _____ 1oz Liquid Complete _____ Fit-Metabolix Shake _____ Water	Exercise Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42
_____ Cleanse GHI Shake _____ 1oz Liquid Complete _____ Fit-Metabolix Shake _____ Water	Exercise Lunch Dinner	Global Weight Loss Blue and Pink Drops Days 3-42

[illegible]

48	Green				
49	Green				
50	Green				
51	Green				
52	Green				
53	Green				

Maintenance Phase

Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	Global Weight Loss Green Drops Days 43-84
Breakfast	
Lunch	
Dinner	
Water	Global Weight Loss Green Drops Days 43-84
Exercise	
Breakfast	
Lunch	
Dinner	Global Weight Loss Green Drops Days 43-84
Water	
Exercise	
Breakfast	
Lunch	Global Weight Loss Green Drops Days 43-84
Dinner	
Water	
Exercise	
Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	Global Weight Loss Green Drops Days 43-84
Breakfast	
Lunch	
Dinner	
Water	

54		Green					
55		Green					
56		Green					
57		Green					
58		Green					
59		Green					

Maintenance Phase

Breakfast	Global Weight Loss Green Drops Days 43-84	Exercise
Lunch		
Dinner		
Water		
Breakfast	Global Weight Loss Green Drops Days 43-84	Exercise
Lunch		
Dinner		
Water		
Breakfast	Global Weight Loss Green Drops Days 43-84	Exercise
Lunch		
Dinner		
Water		
Breakfast	Global Weight Loss Green Drops Days 43-84	Exercise
Lunch		
Dinner		
Water		
Breakfast	Global Weight Loss Green Drops Days 43-84	Exercise
Lunch		
Dinner		
Water		

60		Green				
61		Green				
62		Green				
63		Green				
64		Green				
65		Green				

Maintenance Phase

Breakfast	Global Weight Loss Green Drops Days 43-84	Exercise
Lunch		
Dinner		
Water		
Breakfast	Global Weight Loss Green Drops Days 43-84	Exercise
Lunch		
Dinner		
Water		
Breakfast	Global Weight Loss Green Drops Days 43-84	Exercise
Lunch		
Dinner		
Water		
Breakfast	Global Weight Loss Green Drops Days 43-84	Exercise
Lunch		
Dinner		
Water		
Breakfast	Global Weight Loss Green Drops Days 43-84	Exercise
Lunch		
Dinner		
Water		
Breakfast	Global Weight Loss Green Drops Days 43-84	Exercise
Lunch		
Dinner		
Water		

66	Green					
67	Green					
68	Green					
69	Green					
70	Green					
71	Green					

Maintenance Phase

Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	Global Weight Loss Green Drops Days 43-84
Breakfast	
Lunch	
Dinner	
Water	Global Weight Loss Green Drops Days 43-84
Exercise	
Breakfast	
Lunch	
Dinner	Global Weight Loss Green Drops Days 43-84
Water	
Exercise	
Breakfast	
Lunch	Global Weight Loss Green Drops Days 43-84
Dinner	
Water	
Exercise	
Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	Global Weight Loss Green Drops Days 43-84
Breakfast	
Lunch	
Dinner	
Water	

72	Green					
73	Green					
74	Green					
75	Green					
76	Green					
77	Green					

Maintenance Phase

Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	
Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	
Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	
Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	
Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	
Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	

78	Green					
79	Green					
80	Green					
81	Green					
82	Green					
83	Green					

Maintenance Phase

Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	
Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	
Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	
Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	
Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	
Breakfast	Global Weight Loss Green Drops Days 43-84
Lunch	
Dinner	
Water	
Exercise	

Maintenance Phase

84					
Green					

Breakfast Lunch Dinner Water	Exercise					
Global Weight Loss Green Drops Days 43-84						