



28 DAYS STABILIZING DIET REPORT

DAY	DATE	Weight (kg)	Comments
1			
2			
3			
4			
5			
6			
7			
Weekly Weight Loss =			
8			
9			
10			
11			
12			
13			
14			
Weekly Weight Loss =			
15			
16			
17			
18			
19			
20			
21			
Weekly Weight Loss =			
22			
23			
24			
25			
26			
27			
28			
Weekly Weight Loss =			
Total Weight Loss (28 days) =			