



Replace Patch every 24 hours ~ Shower/Swim okay with Patch ~ Oily Skin? Wipe with alcohol before applying ~ Sensitive Skin? Try the suggested areas until finding the best placement for you ~ Let each area breathe for 3 days before reapplying in that place ~ Patch Tracks? (brown marks left behind) Use baby oil, alcohol or soap for removal ~ WATER ~ Drink ½ your weight in ounces every day! Drink, Not Sip! ~ Don't skip meals ~ Have a Positive Attitude, Believe in yourself and have Faith in the patch!

Measurements	Start	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12
Date							
1.Upper Arm L.							
1.Upper Arm R.							
2.Chest at armpit							
3.Breast-Chest							
4.Rib Cage							
5.Waist							
6.Abdomen (6" below waist)							
7.Buttocks (largest part)							
8. Upper Thigh R.							
8. Upper Thigh L.							
9. Mid Thigh R							
9. Mid Thigh .L							
10. Top of Knee Bone R.							
10. Top of Knee Bone L.							
11. Calf R.							
11. Calf L.							
My Weight							
Weight Lost to Date							
Inches							
Inch Lost to Date							

30 Day Progress Chart

(Check the Box if the answer is Yes)

Days	More Energy?	Cravings Curbed?	Appetite Decreased?	Sleeping Better?	Clothes Fitting Looser?	Snacking Less?	Exercise Increased?	Loss of Weight?	Loss of Inches?
1									
2									
3									
4									
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16 Keys to a Healthy and Fit Lifestyle

- Eat lots of Vegetables and Fruits**
Veggies and fruits are low in calories, provide filling fiber, vitamins and minerals, and protect health in many ways.
- Protein is important for preserving and building lean tissue – the muscle that burn calories!** Eat protein at every meal.
- Use Fiber-Rich Foods**
Fiber is filling, makes foods more satisfying, and promotes health.
- Boost Mineral Intake** Calcium and other minerals help your body shed unwanted fat. Provide good nutrition needed.
- Eat Fish and "Good" Fats** The omega-3 unsaturated fatty acids in some fish, oils and nuts are vital to health.
- Cut Out "Junk" Carbs** Sugar and white flour sabotage your healthy diet in all but the smallest amounts. Patch curbs cravings.
- Greatly Reduce "Junk" Fats** "Bad" fats – saturated and trans fats – are not only high in calories, but are loaded with harmful fatty acids that contribute to disease.
- Reduce or Eliminate Alcohol** Alcohol consumption tends to cause weight gain.
- Cut Back Food Gently** Extreme and sudden dieting causes your body to conserve, not burn calories.
- Eat Snacks, Not Meals** More frequent, smaller snacks are burned for energy, not stored as fat.
- Eat Earlier; Not Later** Skipping breakfast makes it difficult later in the day to control your appetite.
- MOVE!** You must exercise to build more lean muscle that burns calories you eat
- Move Harder and More Often!** Gradually boost exercise frequency and intensity for even greater effects. lean tissue that burns fat!
- Reduce Stress** Stress increases hunger and promotes weight gain.
- Get Daily Sunshine and Plenty of Sleep** Sunshine produces Vitamin D, which helps in fat loss, while sleep is necessary for rejuvenation and carbohydrate metabolism.
- Lead a Healthy, Active Life** Good habits and small steps that can set you on the right path to a healthy and fit lifestyle.