

Celljetics Weight Wellness Chart

It's important to track your results by taking your weight and measurements. Record your Start Date measurements, then take your measurements following the chart below starting **AFTER your 3rd day**. A good time to measure is first thing in the morning, so you will measure the morning of your 4th day, and you will write your results in the Day 3 row. On the morning of your 8th day, you will measure and write your results in the Day 7 row and so on. Take the time now to look at a calendar and write in your measure dates for the next 90 days.

An important goal is to lose our belly fat (visceral and subcutaneous) for health reasons and appearance. When measuring your belly, measure the largest area, which is typically just below or around your belly button.

Record the "Difference" of your weight and measurements from your original Start Date measurements. This will show you your total amount lost since you started. A good place to hang this chart is on your refrigerator or somewhere you can see it on a regular basis. It will help to keep you on track with your goal if it is in the forefront of your mind.

Day	Measure Date	Weight	Bust	Belly	Hips
Start					
3	Morning of 4th Day				
Difference					
7	Morning of 8th Day				
Difference					
10	Morning of 11th Day				
Difference					
14	Morning of 15th Day				
Difference					
21	Morning of 22nd Day				
Difference					
30	Morning of 31st Day				
Difference					
45	Morning of 46th Day				
Difference					
60	Morning of 61st Day				
Difference					
90	Morning of 91st Day				
Difference					

Warning: Always consult your doctor or healthcare professional before beginning Celljetics or any weight loss or exercise program, especially if you are taking any medications or have any type of medical condition. Do not reduce or stop taking any prescription medications without first consulting with your doctor or healthcare provider.