






	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S								
1					Your Wellness Coach Contact Number																						
2					956 020 663 / 617 779 076																						
3					info@shakeandlose.co.uk																						
4																											
5																											
6	Routine					Weight & Measurements							Notes:														
7	Day	Shake 1 (Tick)	Snack (Tick)	Shake 2 (Tick)	Snack (Tick)	Dinner (Tick)	No. Thermo Beverages	No. Glasses Water	Weight (Kg)	Thighs L&R	Hips	Waist	Bust / Chest	  													
8	Don't forget to take "Before Picture" and complete the "Goal Weight" box at the bottom of the page																										
9	1									/																	
10	2																										
11	3																										
12																											
13	4									/																	
14	5																										
15	6																										
16	7									/																	
17	Has anyone noticed your weight loss yet? Ask about our referral program																										
18	8																										
19	9																										
20	10									/																	
21	11																										
22	12																										
23	13																										
24	14									/																	
25	Time to Re-Order - Don't lose momentum by running out of product!																										
26	15																										
27	16																										
28	17									/																	
29	18																										
30	19																										
31	20																										
32	21									/																	
33	Please e-mail us with your results, the best Before & After pictures each month receive a prize																										
34	22																										
35	23																										
36	24									/																	
37	25																										
38	26																										
39	27																										
40	28									/																	
41																											
42								Goal Weight:																			