

LOSE THE BELLY SLIM[®] IN

SLIM [®] IN											
12 WEEK WEIGHT LOSS CHART											
WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
1	150	145	140	135	130	125	120	115	110	105	100
2	100	95	90	85	80	75	70	65	60	55	50
3	50	45	40	35	30	25	20	15	10	5	0
4	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50
5	-50	-55	-60	-65	-70	-75	-80	-85	-90	-95	-100
6	-100	-105	-110	-115	-120	-125	-130	-135	-140	-145	-150
7	-150	-155	-160	-165	-170	-175	-180	-185	-190	-195	-200
8	-200	-205	-210	-215	-220	-225	-230	-235	-240	-245	-250
9	-250	-255	-260	-265	-270	-275	-280	-285	-290	-295	-300
10	-300	-305	-310	-315	-320	-325	-330	-335	-340	-345	-350
11	-350	-355	-360	-365	-370	-375	-380	-385	-390	-395	-400
12	-400	-405	-410	-415	-420	-425	-430	-435	-440	-445	-450



Slim In 6 Guide Book

RJ Shavelson



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