

RightSize 6 Week Progress Calendar

1 2 3 4 5 6 7

Weigh in:

Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ]

8 9 10 11 12 13 14

Weigh in:

Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ]

15 16 17 18 19 20 21

Weigh in:

Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ]

22 23 24 25 26 27 28

Weigh in:

Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ]

29 30 31 32 33 34 35

Weigh in:

Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ]

36 37 38 39 40 41 42

Weigh in:

Final Weight:

Total Lost:

Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ] Smoothie [ ] [ ]

Congratulations! You are six weeks closer to reaching your RightSize! If you have been replacing 1 or 2 meals a day with a delicious RightSize smoothie , you've been experiencing the benefits of reduced hunger while you implement a reduced calorie diet. Don't stop here! Keep up the good work! www.rightsizeonline.com