

Day/Date	Meal Replacements			Vegetable/Fruit Servings			Phase 1 Only		PA Cals.	Summary/Notes
	S/C	E	B	MR Total	V	F	VF Total	Met Min. Rx		
1/8/28	3	2	-	5	4	1	5	✓	120	Start wt. 180
1/8/26	3	2	-	5	3	3	6	✓	240	
1/8/27	4	2	-	6	4	1	5	✓	80	
Midweek Sub-totals	10	6	-	16	11	5	16	3	3	440
1/28	3	2	-	5	4	3	7	✓	240	No
1/29	3	2	-	5	3	2	5	✓	180	
1/30	4	2	-	6	3	5	8	✓	180	
1/31	3	2	-	5	4	2	6	✓	180	
Totals	83	44	-	37	25	17	42	7	7	1100

Day/Date	Meal Replacements			Vegetable/Fruit Servings			Phase 1 Only		PA Cals.	Summary/Notes
	S/C	E	B	MR Total	V	F	VF Total	Met Min. Rx		
9/15	3	2	-	5	3	2	5	✓	400	Start wt. 169
9/16	3	2	-	5	3	3	6	✓	280	
9/17	5	2	-	7	4	1	5	✓	180	
Midweek Sub-totals	11	6	-	17	10	6	16	3	3	800
9/18	4	3	-	7	5	-	5	✓	320	-3
9/19	3	2	-	5	4	2	6	✓	400	
9/20	4	2	-	6	3	-	3	✓	320	
9/21	3	2	-	5	2	4	6	✓	280	
Totals	25	15	-	40	24	12	36	6	7	2120

Success Cycle™ Inventory (Four-week Summary)  
 Att. 4 / 14 = 100% Midwk Call 4 / 14 = 100% RK 4 / 14 = 100% MR 4 / 14 = 100% VF 4 / 14 = 100% PA 2 / 14 = 50% TI 2 / 14 = 50%  
 4-week wt change: -11



## Sample Plan Book Page

1 vanilla shake w/1 banana (1F)

1 choc shake w/ coconut extract

Turkey Chili w/ 2 cups carrots (2V)

1 vanilla shake w/ Crystal Light lemonade

Veg Beef Stew over baked potato w/ 1 cup green beans (2V)

Multigrain Cereal w/ blueberries (1F)

### PA

Work: 20 flights stairs - 10 a.m. and 2 p.m.

Gym (6 p.m.): Treadmill for 30 min., Bike for 10 min., weights for 20 mins.

<b>6 Total MR</b> 4 S/C    2 E    0 B	<b>6 Total V/F</b> 4 V    2 F	<b>Total PA</b> 475 Calories
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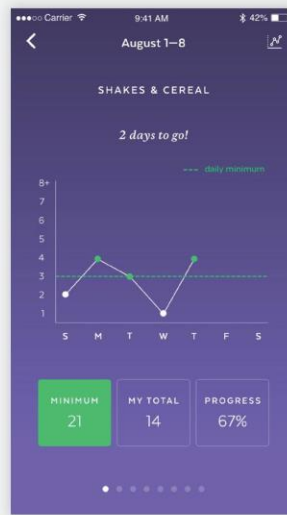
Get Started with...

# THE HMR MOBILE APP

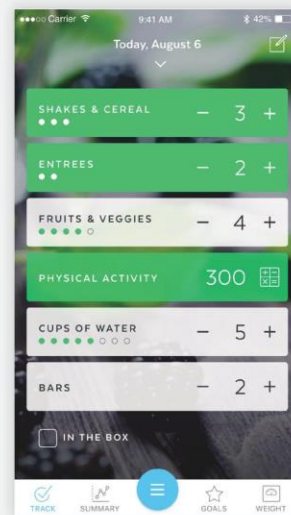
Track your progress, set goals, access tips and strategies, and more!



DAILY TIPS



DATA VISUALS



DAILY TRACKING

## SET-UP TIPS

- Create your account and note your password for future logins.
- Set your Start Day to the day of your group.
- Enable Notifications to take advantage of extra support.
- Set up your coach's contact info:

 Tap the "menu" button and select **Profile**.

 Enter your coach's contact info in your profile and then **Save Changes**.

## SEND DATA TO YOUR COACH

Go to Summary and tap the "share" icon, which will generate an email to your coach.

 **Summary** is in the bottom navigation bar.

 **Share** is at the top of the Summary screen.

Now Available for Download at:



If you need assistance, we are here to help! Contact us at: [www.hmrprogram.com/contactus](http://www.hmrprogram.com/contactus)