

Phase 1 **Phase 2** **Phase 3** – At a Glance Calendar

40-Day Bio Body
Weight Loss Program



No heavy exercise, between (and including) Days 3 and 40.

*Load DAYS 1 & 2. From <u>DAY 1</u> take <i>Bio Body SLIM</i> .															
Loading & Weight Loss Phase	Phase 1	*1	*2	<u>3</u>	4	5	6	7	8	9	10	11	12	13	14
		15	16	17	18	19	20	21	22	23	24	25	26	27	28
	Stop taking <i>Bio Body SLIM</i> on <u>Day 38</u> , but continue low calorie eating till Day 41.														
		29	30	31	32	33	34	35	36	37	<u>38</u>	39	40		
Consolidation: No calorie restriction but restrict sugars and carbs.															
Consolidation Phase	Phase 2	41	42	43	44	45	46	47	48	49	50	51	52	53	54
		55	56	57	58	59	60	61	62	63	64	65	66	67	68
		69	70	71	72	73	74	75	76	77	78	79	80		
Maintenance: Normal eating. Day 109 start again, if needed.															
Maintenance Phase	Phase 3	81	82	83	84	85	86	87	88	89	90	91	92	93	94
		95	96	97	98	99	100	101	102	103	104	105	106	107	108