



13-day Fast Track Calendar

Day 1 Loading	Day 2 Loading	Day 3 Low Calorie	Day 4 Low Calorie	Day 5 Low Calorie	Day 6 Low Calorie	Day 7 Low Calorie
SLIM & HIGH CALORIE EATING	SLIM & HIGH CALORIE EATING	SLIM & BOOST *VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD
Day 8 Low Calorie	Day 9 Low Calorie	Day 10 Low Calorie	Day 11 Low Calorie	Day 12 Low Calorie	Day 13 Low Calorie	Day 14 CONSOLIDATION
SLIM & BOOST VLCD	SLIM & BOOST VLCD	SLIM & BOOST VLCD	(STOP SLIM) VLCD	BOOST VLCD	BOOST VLCD	START REINFORCE, KEEP TAKING BOOST
DAY 15-23 CONSOLIDATION	DAY 24-33 MAINTENANCE	FROM DAY 34, YOU CAN START ANOTHER PROGRAMME				
REINFORCE AND BOOST	REINFORCE, (AND BOOST TILL FINISHED)				*VLCD = very low calorie diet	

