



Weight Maintenance Sample Chart

High →	135			x						X									X																				
	134																		X																				
	133		x								X										X	X																	
	132				x			X	X							X	X	X																			X	X	X
	131						X					X		X	X	X																							
Low →	130	X				x																																	
		1	2	3	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	29	30	31							

Notice how the amount of low calorie days get less and less as your metabolism speeds up.

Remember, All Diet Source tools and charts provide general information only. They are not meant to replace professional advice. Always check with your Physician before starting any weight loss or exercise program.