



NOTES

Phase 1

You Will Need

Secrets of Charm
Scales



Beauty Diet: Eat 800 - 1200 calories per day and track on myfitnesspal.com or tracker of choice + drink 6 cups water + take multivitamen for 10 days in a row.*



Tip! We suggest following the [Beauty Diet](#) for balanced nutrition.



Beauty Exercises: Walk (indoor or outdoor) for 10 minutes or more for 10 days in a row. Do [Beauty Exercise Set 1](#) daily for 10 days in a row.



Beauty Course: Read one page of [Secrets of Charm](#) each day + Weigh-in each morning and record weight in the white circles above for 10 days in a row.



Notes Ideas

Goal: If you weigh-in at 200 or less and are consistent for 10 days, you can go to Phase 2.

