



## Weight Loss Calculation Sheet

<b>DAY 1 &amp; 2 LOADING DAYS</b> Take all Measurements Fri 01/27/17 Sat 01/28/17	<b>DAYS 3-6 180 CLEAN EATING PROTOCOL</b> Follow the Protocol on Page 6 of your 180 Booklet Sun 01/29/17 Mon 01/30/17 Tue 01/31/17 Wed 02/01/17
<b>DAYS 7-12 180 ULTRA CLEAN EATING PROTOCOL</b> Follow the Protocol on Page 6 of your 180 Booklet Thur 02/02/17 Fri 02/03/17 Sat 02/04/17 Sun 02/05/17 Mon 02/06/17 Tue 02/07/17	
<b>DAYS 13-18 180 ULTRA CLEAN EATING PROTOCOL</b> Follow the Protocol on Page 6 of your 180 Booklet - Submit Final Measurements! Wed 02/08/17 Thur 02/09/17 Fri 02/10/17 Sat 02/11/17 Sun 02/12/17 Mon 02/13/17	

Calculation Sheet and Photos Due!

DATE:			
TEAM NAME:			
TEAM MEMBER	LAST WEEK'S WEIGHT	THIS WEEK'S WEIGHT	WEIGHT DIFFERENCE
1			
2			
3			
4			
5			
6			
<b>TOTALS &gt;</b>			
	<b>COLUMN A TOTAL</b>	<b>COLUMN B TOTAL</b>	<b>COLUMN C TOTAL</b>

LINE 1. Enter COLUMN A TOTAL here \_\_\_\_\_

LINE 2. Enter COLUMN B TOTAL here \_\_\_\_\_

LINE 3. Subtract line 2 from line 1 OR enter COLUMN C TOTAL here \_\_\_\_\_

LINE 4. Divide Line 3 by Line 1 \_\_\_\_\_

Line 4 is your team weight loss percentage (represented in decimal form).

**EXAMPLE:** Your team's total weight was 800 pounds at the start of the week. At weigh in for the new week your team was a total weight of 770 pounds. Your teams numbers would look like this:

LINE 1. Enter COLUMN A TOTAL here 800

LINE 2. Enter COLUMN B TOTAL here 770

LINE 3. Subtract line 2 from line 1 OR enter COLUMN C TOTAL here 30

LINE 4. Divide Line 3 by Line 1 0.0375

**Your team's weight loss percentage is 3.75%.**