



Ready, Set, Shrink!

For best results with your Visi Weight Loss Personal Trial Pack, take **one capsule** when you get up in the morning, on an empty stomach with a full glass of water. Wait at least 30 minutes before consuming food or coffee. Be sure to keep yourself hydrated throughout the day as the Visi Weight Loss capsules use the water in your body to metabolize fat. Chart your progress with the suggestions below, beginning the morning you start your Visi Weight Loss capsules.

We look forward to seeing "less" of you soon!

Measure	Day 1	Day 2	Day 3	Day 4
Upper Arm-Center Left				
Upper Arm-Center Right				
Bust/Chest				
Rib Cage				
Waist - naval				
Abdomen-6" below waist				
Buttocks-9" below waist				
Calf-Left				
Calf-Right				
Upper Knee-Left				
Upper Knee-Right				
Neck				
Total # of Body Inches				
TOTAL INCH LOSS				
Total Body Fat % Today				
TOTAL BODY FAT % LOST				
Weight Today				
TOTAL WEIGHT LOSS				

On a Scale of 1 - 5 with 5 being, "I strongly agree", and 1 being "I strongly disagree", give yourself a score for these next few days based on the questions below.

Question	Day 1	Day 2	Day 3	Day 4
I have more energy				
I'm feeling happy				
I pushed away half my dinner				
I feel satisfied eating less food				
My mental clarity has improved				