

Atomic - Personal Progress Chart

DAY 1 (LOAD): No Diet – eat all you want, start Atomic Power Drops and All Supplements

DAY 2 (LOAD): No Diet – eat all you want, continue Atomic Power Drops and All Supplements

DAY 3: Start Meal Plan & Continue Power Drops and All Supplements until you reach your goal weight.

Day of Program	Date	Weight	Stomach	Neck	Chest	Waist	Hip	Thigh
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