

När du kommer in på den engelska sidan börjar du med att klicka på change. Då kan du byta vikt till Kg.

Know your True Weight :
Calculate the target weight you can reach with the Dukan Diet, and how to achieve it with this FREE tool.

First name?

Your target weight? st lbs >> [change](#)

Gender: Female Male

Need to lose weight fast? Yes No

Calculate my True Weight FREE GO

Your Weight unit
 Kg
 Pounds
 Stones and pounds

Sen fyller du i ditt förnamn (First name) och din nuvarande vikt (Your target weight) Kvinna (Female) och om du vill gå ner fort (Need to lose weight fast?) Ja eller nej. Sen klickar du på den gröna knappen Calculate my True Weight FREE GO

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First name?

Your target weight? kg >> [change](#)

Gender: Female Male

Need to lose weight fast? Yes No

Calculate my True Weight FREE GO

På nästa sida får du fylla i dina uppgifter. Ett tips är att använda Google translate om det är något du inte förstår. Kopiera in texten och så får du den översatt.


OBS! Nästa sida i denna instruktion är för att uppdatera sidan och kan skilja sig något åt för den som registrerar sig för första gången.

Dukandieten.com

Här köper du den svenska boken om Dukandieten och kokbok för Dukandieten och LCHP

Calculate your True Weight for FREE

Knowing your True target weight is indispensable before starting any diet. This form not only allows you to calculate your True weight, but also how to achieve it.


You 

Your first name

You are: Female Male

What is your current weight? kg [change unit](#)

*By providing my email address, I agree to receive my personal summary and information only about Dukandiet.co.uk

Your weight 

How much would you like to weigh? kg [change unit](#)

Have you already followed any diets in order to lose weight? ▼

What is the most you have ever weighed?
Apart from during pregnancy for women kg [change unit](#)

After the age of 18, excluding any period of illness, what is the least you have ever weighed?
Apart from during pregnancy for women kg [change unit](#)

What is your stable weight?
This is the weight maintained without any special effort and when eating spontaneously kg [change unit](#)

What is your height? cm [change unit](#)

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Your body



Are you in a hurry to lose weight?

Please choose if you are in a hurry to lose weight

Yes No

In your family is there a tendency to put on weight?

Please select if you have a tendency to put on weight

Yes No

How many pregnancies have you had?

More

When you check what you eat do you feel as if you lose weight easily?

Please select if you lose weight easily

With ease With difficulty

Does eating less make you feel tired?

Please select whether eating LESS makes you feel tired

Yes No

Lets assess your bone structure:

Grasp your left wrist between your right thumb and right forefinger.



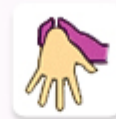
thin bone structure

The ends of your fingers overlap



Normal bone structure

The ends of your fingers just touch



Heavy bone structure

There is a gap between the ends of your fingers

CALCULATE

GO

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My personalized slimming programme

Tina,
Your 11 answers allow me to give you 3 pieces of personal information.

1

Is the weight you wish to be your True Weight?

Your True weight is **61.2 kg**. This is above the weight that you wanted, but it is a good weight, a weight that you can easily achieve and maintain. Have confidence in me about this. If you want to calculate again your True Weight [click here](#)

2

By starting today you will weigh 61.2 kg on the 18/05/2012.

You'll have to follow 3 phases of my method, this means a 308 day programme to permanently stabilize your new weight.



I update my weight

GO

How much does it cost?

GO

Det kostar ingenting att få din personliga viktkurva. Du kommer få erbjudande om att få support och då vill de ha betalt och du får supporten på engelska.

Lycka till!

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