

Keep track of your healthy lifestyle journey by taking measurements and pictures on each of the following days:

DAY 1

Date	
Weight	

DAY 11

Date	
Weight	

DAY 25

Date	
Weight	

DAY 60

Date	
Weight	

DAY 90

Date	
Weight	

Measurement (in inches)

Neck		
Shoulders		
Chest		
Arms	L	R
Waist		
Hips		
Thighs	L	R
Calves	L	R
Total		

Measurement (in inches)

Neck		
Shoulders		
Chest		
Arms	L	R
Waist		
Hips		
Thighs	L	R
Calves	L	R
Total		

Measurement (in inches)

Neck		
Shoulders		
Chest		
Arms	L	R
Waist		
Hips		
Thighs	L	R
Calves	L	R
Total		

Measurement (in inches)

Neck		
Shoulders		
Chest		
Arms	L	R
Waist		
Hips		
Thighs	L	R
Calves	L	R
Total		

Measurement (in inches)

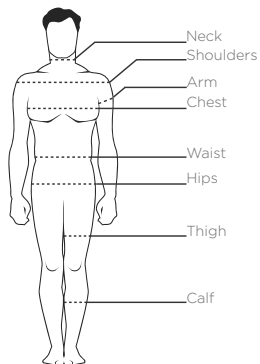
Neck		
Shoulders		
Chest		
Arms	L	R
Waist		
Hips		
Thighs	L	R
Calves	L	R
Total		

Rate the following questions on a scale of 1-5, with 5 being the best.

Energy Levels?

Sleep?

Overall feeling of wellness?



Progress Pictures

A great way to keep track of your journey as you make healthier lifestyle choices and stay consistent is by taking pictures each time you take your measurements! Here are a few recommendations:

1. Take your pictures at the same time of day, with the same lighting, in the same location.
2. Choose an uncluttered location with a solid colored background.
3. Wear clothing that is form fitting and appropriate.
4. Take multiple angles: front, back, and side.
5. Stand up straight! Don't suck your stomach in, push your stomach out, or slouch.