



MY GOAL

TRACK PROGRESS

Before photos, monthly measurements & weekly weigh ins.

PHOTOS: Take progress photos every 3 months in the same location at the same angle. Full body front, side & back angles. Wear the same clothing in every photo such as a swim suit, sports bra & shorts, or tank top & leggings. Don't push your belly out and don't suck it in. **TIPS:** If you're embarrassed, take the photos yourself using a timer on your phone, then store the photos in a private album on FaceBook which only you can see.

MONTHLY MEASUREMENTS: Use a non-stretch tape measure (found in the fabric department). Measure naked early in the day. Don't suck it in, just relax and measure during an exhale. Measure when you begin and again after 4 weeks.

WEIGH IN: Choose a day for your weekly weigh-in (we offer group weigh-ins on Friday). Weigh as soon as you wake up, naked after using the restroom. Avoid the temptation to weigh daily. Don't get stressed if the scale doesn't move, or even moves in the wrong direction. You're worth the effort and time. And please remember, you are not defined by the number on the scale.

SUGGESTED GOAL PAIRINGS: Log Food- Drink Water - Healthy Meal Plan- Begin Fitness

TAKE PHOTOS

DATE	WEIGHT	CHEST	ARMS	WAIST	HIPS	THIGHS

POUNDS LOST:

INCHES LOST: