

## **PROGRESS TRACKER**



## BODY MEASUREMENT TRACKER

#### **BEFORE**

### **AFTER**

**NECK NECK UPPER ARM UPPER ARM** CHEST CHEST **WAIST WAIST** HIP HIP THIGH THIGH CALF **CALF** 

#### **BEFORE**

Take a before picture and label it with the date.

Take a picture of you from the front, back, side and face.

#### **AFTER**

Take an after picture and label it with the date.

Take the same pictures as you did before.

TIP: Take body measurements in inches

# MY 30 DAYS DAILY GOALS

DATE					WATER TRACKER		
DAY#							
						SUPPLEMENTS	
HOURS SLEPT	00	000	00	00	00		
MY MOOD							
FOOD CHOICES	$\Diamond$			☆			
WHAT HAPPENED TOE	DAY:					DAILY MOVEMENT	
MINDSET ACTIVITY:							
THOUGHTS & REFLECT	TIONS	5					

# MY 30 DAYS JOURNAL

Use these pages to journal your journey. Start writing where you are, and how you feel when you start. Then document how the journey is going, and what changes you are starting to see and feel. Then, as you are ending the challenge, how do you look and feel now? What changes do you notice?


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