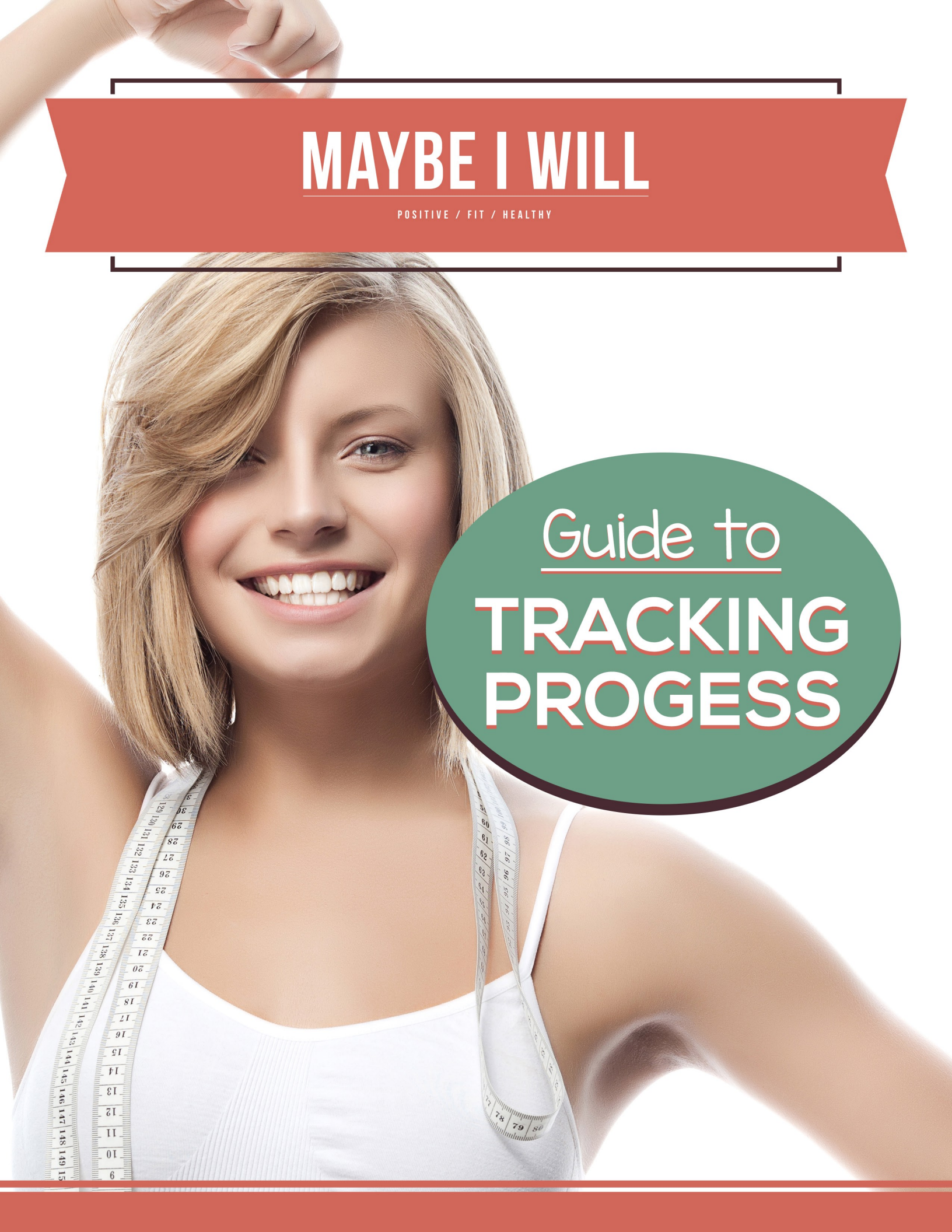


MAYBE I WILL

POSITIVE / FIT / HEALTHY

Guide to
**TRACKING
PROGRESS**



BEFORE AND AFTER PROGRESS

STARTING MEASUREMENTS

Weight: _____
Chest: _____
Right Arm: _____
Left Arm: _____
Waist: _____
Hips: _____
Right Thigh: _____
Left Thigh: _____
Right Calf: _____
Left Calf: _____

WEEK 2 MEASUREMENTS

Weight: _____
Chest: _____
Right Arm: _____
Left Arm: _____
Waist: _____
Hips: _____
Right Thigh: _____
Left Thigh: _____
Right Calf: _____
Left Calf: _____

30 DAY PROGRESS

Weight: _____
Chest: _____
Right Arm: _____
Left Arm: _____
Waist: _____
Hips: _____
Right Thigh: _____
Left Thigh: _____
Right Calf: _____
Left Calf: _____

BEFORE PICTURE

AFTER PICTURE

TIPS FOR MEASURING PROPERLY

- 1** Keep the length of the measuring tape parallel to the floor at all times.
- 2** Pull the tape snug, but not so tightly that it squeezes your body.
- 3** Measurements taken around the, bum, thighs, calves, biceps and forearm should be taken around the largest circumference.
- 4** Waist measurement should be taken around the smallest circumference.
- 5** Stand with your feet together when taking hip, bum and thigh measurements, and never flex or tense your body while you're taking measurements.
- 6** Don't suck in your stomach to take waist measurements, or you'll get a false measurement.



Above all, relax! Let it all hang loose because the more honest you are with your first set of measurements, the higher magnitude of change you'll see when you start to lose weight. And there's nothing more motivating than progress!

TIPS FOR TAKING BEFORE AND AFTER PICTURES

Wear swimwear or tight fitting workout wear. Show as much of your body as is comfortable with! {a sports bra and compression shorts or leggings is another great option!} This is the best way to see the changes that have happened in your body! Remember to include your face in the photos so I can plainly see your cute face in both photos!

Take the photos from many angles. A front view, side view, and a back view. You can put your hands at your sides, on your hips, even flexing in the air! Just make sure that you have before/after photos in the same pose so I can accurately see your rocking transformation!

