



21 DAY CHALLENGE



PROGRESS TRACKING GUIDE

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THIS PROGRAM IS A FAT LOSS PROGRAM, NOT JUST A WEIGHT LOSS PROGRAM!

Fat loss is what makes you look lean, feel great, and get results that last.

The truth is, you can completely transform your body without losing a lot of weight.



DENA ONLY LOST 6 POUNDS BUT AS YOU CAN SEE, SHE LOOKS LIKE SHE LOST MUCH MORE! THAT'S BECAUSE SHE LOST 6 POUNDS OF FAT.

That's why it's so important to take your measurements every week. Be sure to measure your chest, waist, hips, arms, and legs as shown. If you're taking your own measurements, wrap the measuring tape around yourself and stand in front of a mirror to make sure the tape is straight across your backside. You want the measuring tape to be taut, but not too tight.

CHEST

Measure around your chest, inline with your nipples.

NATURAL WAIST

Measure around your waist. Stand straight, and lean slightly to the right. Where you naturally bend is your natural waist.

BELLY BUTTON

Measure around your body inline with your belly button.

ARM

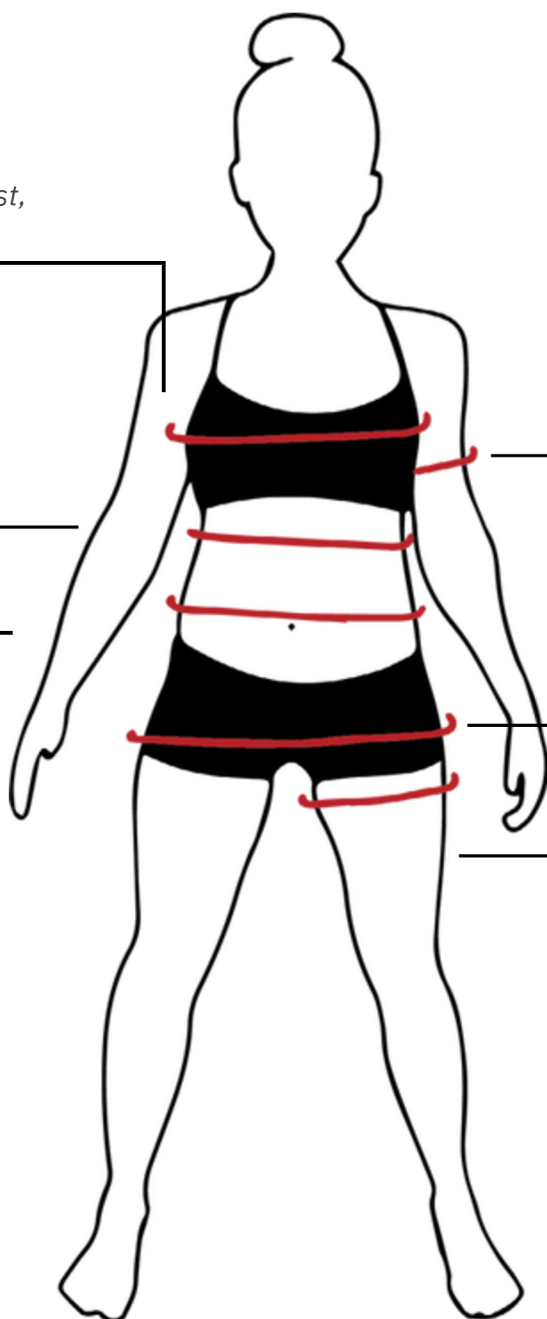
Measure around the arm, at the midpoint between your elbow and shoulder.

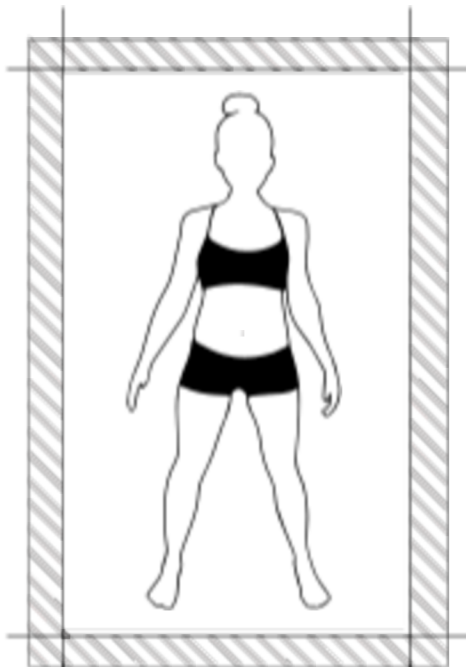
HIPS

Measure around your body at the widest part of your hips.

LEG

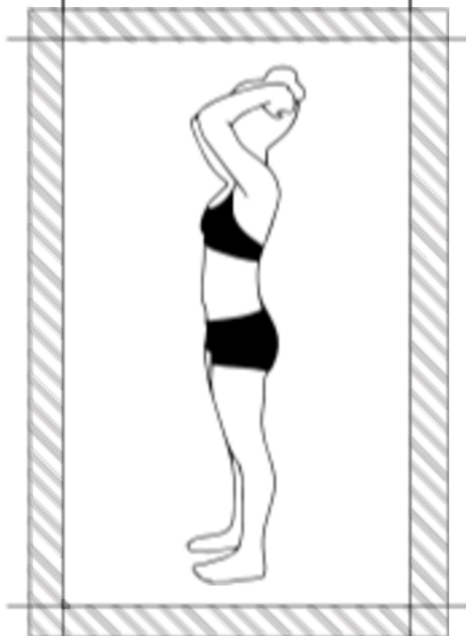
Measure around your leg, about an inch below your butt.





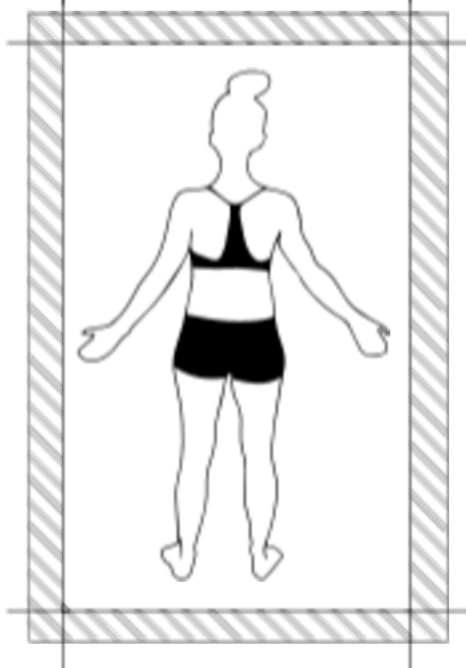
FRONT

Stand with your feet shoulder width apart. With your shoulders rolled back, your arms should be inline with your legs and slightly away from your body.



SIDE

Stand with your feet shoulder width apart. Turn to the side (same side each photo set you take) and place your hands behind your head.



BACK

Stand with your feet shoulder width apart. Face the wall, roll your shoulders back, and slightly bring your hands away from your body.



SUBMIT

BEFORE AND AFTER PICTURES

HOW TO TAKE PROGRESS PICTURES

Progress pictures are another way to measure your success beyond the scale.

We get it, you're here because you might not like how you look now, but one of the best ways to track your progress is by taking your pictures, before, during, and after the challenge. Imagine if Dena hadn't taken her progress pictures. She'd be disappointed that she "only" lost 6 pounds and likely would have given up!

Be sure to take your progress pictures as shown here, standing against a neutral background or door.

We recommend that women wear a sports bra or tight-fitting tank top and shorts or a bikini. Men, a pair of workout shorts, no top.

Record your measurements and weight on this sheet every week. You will need the information to complete your weekly progress report. You will not have access to the previous week's data in your weekly progress report, so be sure to write your information here each week.

	WEIGHT	CHEST	WAIST	belly button	HIPS	Arm	L THIGH	TOTAL INCHES
PRE-CHALLENGE								
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								
WEEK 6								

If you're losing inches, you're losing FAT! You may notice that your clothes are fitting better before you see the number on the scale go down. That's why it's so important to take your measurements every week and not obsess about the number on the scale.



WE ARE NOT DOCTORS

As with any diet and exercise program, you should consult with your primary care physician (PCP) before starting the program. The program is intended to supplement - not replace - medical care or advice as part of a healthy lifestyle. The information you receive from your coach and within this guide should be used in conjunction with the guidance and care of your PCP. We are not medical professionals and the challenge is not designed to treat or cure any health conditions. If you do not feel well at any point during the challenge, STOP and contact your PCP immediately.