

Feel Great *Stay on Track*

Use this worksheet to track your progress and be on your way to reaching your goals of a happier, healthier you.

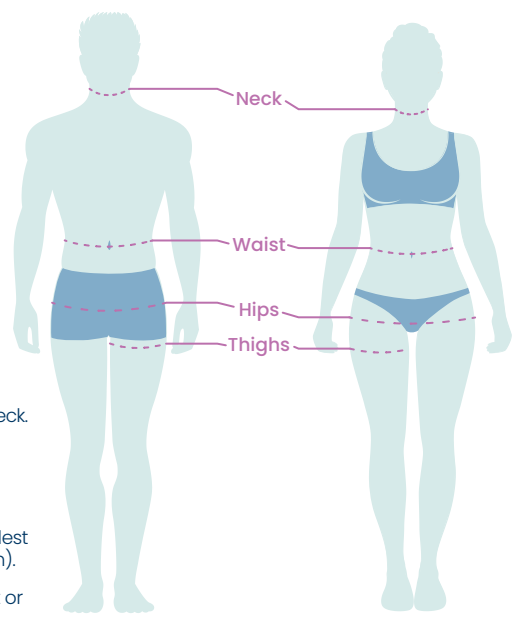
Time to reorder!

E.g. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Unimate to help extend fast	✓																																		
Balance before meal 1	✓																																		
Balance before meal 2*	✓																																		
Time of first calories for the day	12:50 pm																																		
Time of last calories for the day	6:40 pm																																		
Total fasting time **	16 hrs																																		

*Balance can be taken once or twice daily, if once daily take before largest meal.
 **For optimal results, aim for 16 hours fasting time.

Body Measurements Tracker		
	Day 1	Day 30
Neck		
Waist		
Hips		
Thighs		



Neck - Measure around the mid-point of your neck.
Waist - Measure the smallest part of the waist (usually below the ribcage and above the bellybutton).
Hips - The hip measurement is taken at the widest part of the hips (that's usually around your bum).
Thighs - While standing, measure the midpoint or the widest part of the thigh.

Weight

Day 1

Day 30

Total Inches Lost

Non-Scale Victories

Today I noticed...
