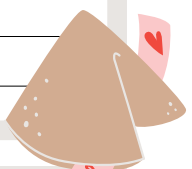


DATE: _____

SET YOUR GOALS, *Sis*

BODY MEASUREMENTS	TODAY	GOAL	NOTES
Chest	_____	_____	_____
Waist	_____	_____	_____
Hips	_____	_____	_____
Arm L	_____	_____	_____
Arm R	_____	_____	_____
Leg L	_____	_____	_____
Leg R	_____	_____	_____
Weight	_____	_____	_____



IF NOT NOW, THEN WHEN?

GOAL TRACKER

My fitness goal: _____
 How I am feeling: _____

My nutrition goal: _____
 How I am feeling: _____

My weight goal: _____
 How I am feeling: _____

MINDSET

How do you feel?

Average sleep?

Notes: _____

Remember **TO TAKE PROGRESS PHOTOS**

KEEP UP TO DATE AND REMEMBER TO TAG US #thebodsquad

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