



# Progress Log

Use the *your Isavera product* at least 3 times per week for 10-12 weeks. Fill in the circles to record each session. Measure with the caliper and measuring tape at the same time each week. Use massage tool (with lotion) after each use. Take photos at week 1 and week 12. Be aware that your results will be skewed if you exceed your daily caloric needs. Consume plenty of water throughout the process.

	MON	TUE	WED	THR	FRI	SAT	SUN	Measurements
WEEK 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<div>Body Fat Caliper</div> <div>Measuring Tape</div>
WEEK 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<div>Body Fat Caliper</div> <div>Measuring Tape</div>
WEEK 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<div>Body Fat Caliper</div> <div>Measuring Tape</div>
WEEK 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<div>Body Fat Caliper</div> <div>Measuring Tape</div>
WEEK 5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<div>Body Fat Caliper</div> <div>Measuring Tape</div>
WEEK 6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<div>Body Fat Caliper</div> <div>Measuring Tape</div>
WEEK 7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<div>Body Fat Caliper</div> <div>Measuring Tape</div>
WEEK 8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<div>Body Fat Caliper</div> <div>Measuring Tape</div>
WEEK 9	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<div>Body Fat Caliper</div> <div>Measuring Tape</div>
WEEK 10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<div>Body Fat Caliper</div> <div>Measuring Tape</div>
WEEK 11	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<div>Body Fat Caliper</div> <div>Measuring Tape</div>
WEEK 12	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<div>Body Fat Caliper</div> <div>Measuring Tape</div>