

Track Your Progress

You'll definitely *FEEL* the progress you make when you use the Armored™ wearable arm exerciser on a consistent basis. But it's also nice to *SEE* the progress.

Before you begin your Armored™ arm exerciser regiment, take measurements of your upper arms. Log your progress weekly in the Armored™ Progress Chart below. That's your starting baseline.

Then, once a week, measure again and update your Progress Chart and keep a running total.

To measure your results, you'll need a cloth measuring tape. Hold your bare arm out straight in front of you. Lay it on a table with the measuring tape under your upper arm. Wrap the tape around your arm so it's snug but not tight. Measure the circumference of your arm with your arm relaxed.



DATE	BICEP MEASUREMENT	TOTAL PROGRESS TO DATE	COMMENTS (Average hours per day. Level of activity.)