



≡ON THE FLY

Fast Forward to Fit

## THE NUMBERS-TRACKING YOUR PROGRESS

Feeling good in your own skin is the most important thing we hope you gain over the course of the program. A lifestyle you are proud of and feel like you have control over is empowering and will positively impact all areas of your life. For those that want to go beyond the "feels" and need a little more "proof in the pudding", we have created the chart below. We will track these numbers together over the next 90 days and prove that your efforts are paying off.

### The Numbers-Tracking Your Progress

	DAY 1	DAY 30	DAY 60	DAY 90
<b>Weight</b>				
<b>Body Fat Percentage *</b>				
<b>Arm circumference</b>				
<b>Chest circumference</b>				
<b>Waist circumference</b>				
<b>Hips circumference</b>				
<b>Thigh/quad circumference</b>				
<b>Resting Heart Rate**</b>				

\*options for obtaining body fat % include: InBody or Bod Pod Testing in your area and/or take photos of yourself from the front, back, and side along with the circumference measurements below, we can guesstimate a good body fat % for you.

\*\*How many times your heart beats after lying flat on your back for 3 minutes.