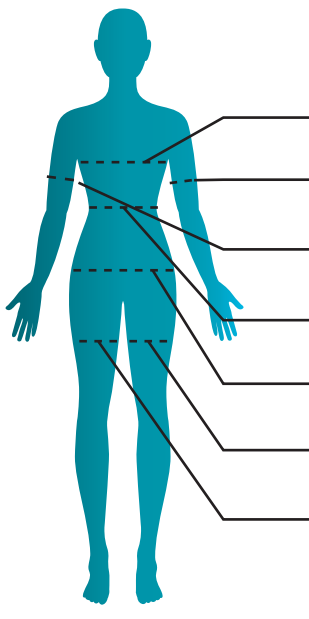


MEASUREMENTS

One of the biggest mistakes that people make throughout their healthy lifestyle journey is to focus all of their attention to results on the scale. It is important to remember your results are so much more than numbers on a scale. Body composition, daily energy levels and overall quality of life are just a few of the ways you can track your progress. Use the table below to take your measurements each step of the way.



| DAY | 1 | 28 | 56 | 84 |
|-------------|---|-----------|----------|-----------|
| AREA | | JUMPSTART | OPTIMIZE | LIFESTYLE |
| CHEST | | | | |
| LEFT ARM | | | | |
| RIGHT ARM | | | | |
| WAIST | | | | |
| HIPS | | | | |
| LEFT THIGH | | | | |
| RIGHT THIGH | | | | |
| WEIGHT | | | | |

Use a tape measure for accuracy:

- **Chest:** Measure around the chest/bust at fullest point. For females, wear a bra when doing this measurement.
- **Arm:** Measure around the fullest part of your arm.
- **Waist:** Measure around the smallest part of your waistline.
- **Hips:** Measure around the fullest part of your hips, keeping the tape parallel to the floor.
- **Thigh:** Measure the fullest part of the thigh.