

BodyRenovator® Progress Tracking Sheet

MEASUREMENTS	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK	DAYS 29, 30 & 31
WEIGHT <input type="text"/>	1 BREAKFAST <input type="text"/>	4 BREAKFAST <input type="text"/>	3 BREAKFAST <input type="text"/>	2 BREAKFAST <input type="text"/>	1 BREAKFAST <input type="text"/>
WAIST <input type="text"/>	1ST SNACK <input type="text"/>	1ST SNACK <input type="text"/>	1ST SNACK <input type="text"/>	1ST SNACK <input type="text"/>	1ST SNACK <input type="text"/>
CHEST <input type="text"/>	LUNCH <input type="text"/>	LUNCH <input type="text"/>	LUNCH <input type="text"/>	LUNCH <input type="text"/>	LUNCH <input type="text"/>
LEFT THIGH <input type="text"/>	2ND SNACK <input type="text"/>	2ND SNACK <input type="text"/>	2ND SNACK <input type="text"/>	2ND SNACK <input type="text"/>	2ND SNACK <input type="text"/>
RIGHT ARM <input type="text"/>	DINNER <input type="text"/>	DINNER <input type="text"/>	DINNER <input type="text"/>	DINNER <input type="text"/>	DINNER <input type="text"/>
BUTTOCKS <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>
TAKE PHOTO <input type="text"/>	WATER <input type="text"/>	WATER <input type="text"/>	WATER <input type="text"/>	WATER <input type="text"/>	WATER <input type="text"/>
	2 BREAKFAST <input type="text"/>	3 BREAKFAST <input type="text"/>	4 BREAKFAST <input type="text"/>	3 BREAKFAST <input type="text"/>	2 BREAKFAST <input type="text"/>
	1ST SNACK <input type="text"/>	1ST SNACK <input type="text"/>	1ST SNACK <input type="text"/>	1ST SNACK <input type="text"/>	1ST SNACK <input type="text"/>
	LUNCH <input type="text"/>	LUNCH <input type="text"/>	LUNCH <input type="text"/>	LUNCH <input type="text"/>	LUNCH <input type="text"/>
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	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>
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	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>
	WATER <input type="text"/>	WATER <input type="text"/>	WATER <input type="text"/>	WATER <input type="text"/>	WATER <input type="text"/>
	4 BREAKFAST <input type="text"/>	1 BREAKFAST <input type="text"/>	1 BREAKFAST <input type="text"/>	4 BREAKFAST <input type="text"/>	4 BREAKFAST <input type="text"/>
	1ST SNACK <input type="text"/>	1ST SNACK <input type="text"/>	1ST SNACK <input type="text"/>	1ST SNACK <input type="text"/>	1ST SNACK <input type="text"/>
	LUNCH <input type="text"/>	LUNCH <input type="text"/>	LUNCH <input type="text"/>	LUNCH <input type="text"/>	LUNCH <input type="text"/>
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	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>	EXERCISE <input type="text"/>
	WATER <input type="text"/>	WATER <input type="text"/>	WATER <input type="text"/>	WATER <input type="text"/>	WATER <input type="text"/>

How To Complete The Progress Tracking Sheet

- 1.) Fill in the day that you are starting on in the top left rectangle above the first week. So if you are starting on a Tuesday, write "Tuesday". Now complete the rest of the rectangles to the right of the first (e.g. Wednesday, Thursday, Friday, etc) until all are completed (after Sunday, write Monday if you did not start with it).
- 2.) Complete your starting measurements in the box to the left of the first week. Weigh yourself and measure the areas listed (in future always weigh at the same time of day and measure the exact same spot). At the start of each new week, complete the measurements again. Also take a photo of yourself to visually track your progress.
- 3.) For each day fill in the exact time that you ate, or performed the activity, in the rectangle next to the meal/activity. For "Water" fill in exactly how much water you drank during the day. Each day box has a number in the top left which refers to the eating program days 1 through 4.