Feel Great *Stay on Track*

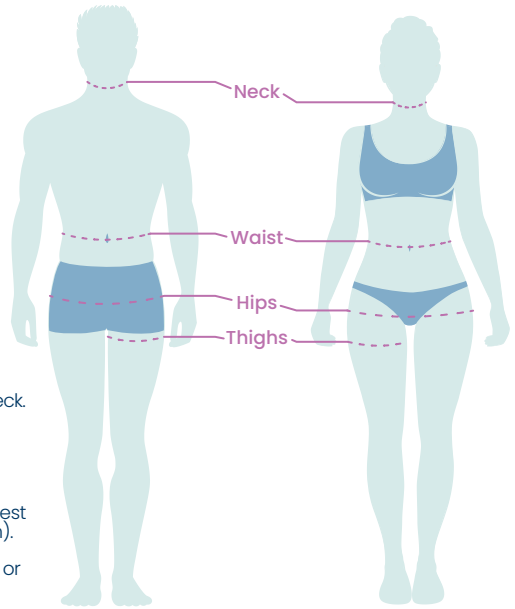
Use this worksheet to track your progress and be on your way to reaching your goals of a happier, healthier you.

Time to reorder!

	z. B.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Unimate	✓																														
Balance or Unimate	✓																														
Balance	✓																														
Time of first calories for the day	1230 pm																														
Time of first calories for the day	640 pm																														
Total fasting time*	16 hrs																														

**For optimal results, aim for 16 hours fasting time.*

Body Measurements Tracker		
	Day 1	Day 30
Neck		
Waist		
Hips		
Thighs		



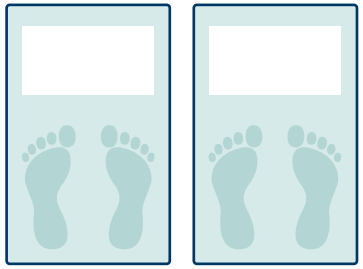
Neck - Measure around the mid-point of your neck.

Waist - Measure the smallest part of the waist (usually below the ribcage and above the bellybutton).

Hips - The hip measurement is taken at the widest part of the hips (that's usually around your bum).

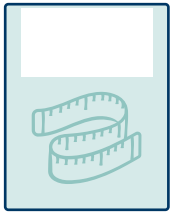
Thighs - While standing, measure the midpoint or the widest part of the thigh.

Weight



Day 1 Day 30

Total (cm/in) Lost



Non-Scale Victories

Today I noticed...

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