

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. You can also track your progress on our app! Scan the QR code to get started.



Time to reorder!

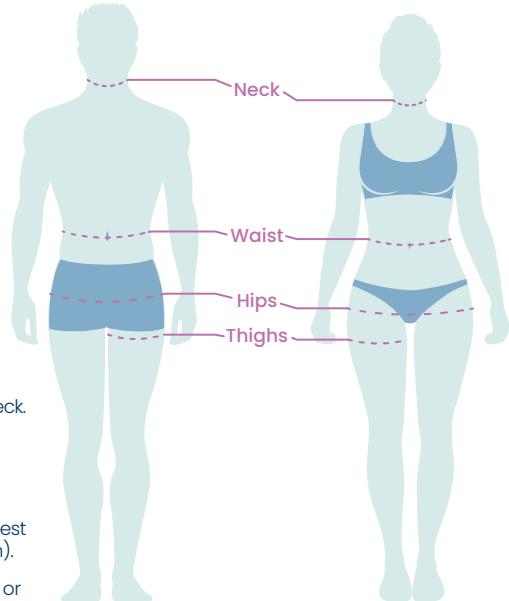
E.g. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

| | |
|------------------------------------|----------|
| Unimate to help extend fast | ✓ |
| Unimate before meal 1* | ✓ |
| Balance with heaviest meal | ✓ |
| Time of first calories for the day | 10:30 pm |
| Time of last calories for the day | 6:40 pm |
| Total fasting time ** | 16 hrs |

*You can also take Unimate before working out or any time you need a pick-me-up.

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

| Body Measurements Tracker | | |
|---------------------------|-------|--------|
| | Day 1 | Day 30 |
| Neck | | |
| Waist | | |
| Hips | | |
| Thighs | | |



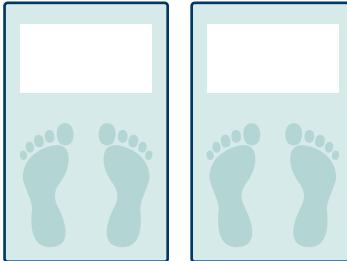
Neck - Measure around the mid-point of your neck.

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

Non-Scale Victories

