

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.



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

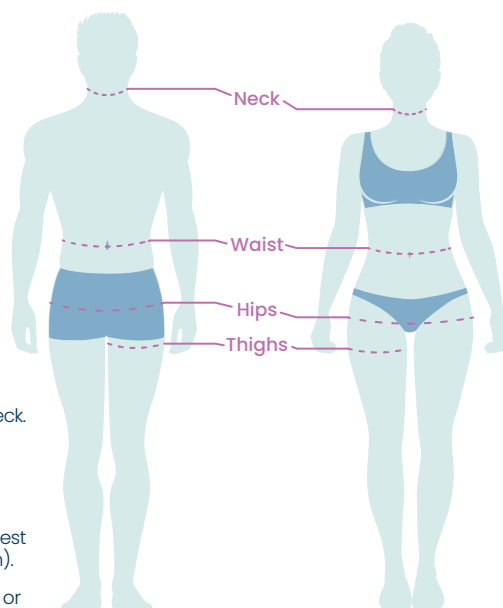
Time to reorder!

[illegible]

**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	



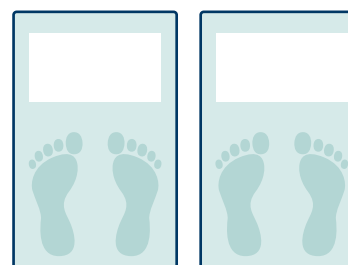
Neck – Measure around the mid-point of your neck.

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.

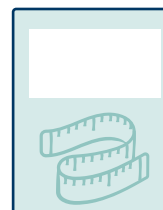
Weight



Day 1

Day 30

Total Inches Lost



Non-Scale Victories

Today I noticed...