

# 30-DAY TRACKER

Okay, let's be honest. Nobody wants to take her measurements. Nobody. But, that's gonna change once you notice your jeans getting a little looser. Eeee. I'm excited for you!

Find a little inner peace and a quiet moment to take your measurements. Download and print page 2.

Taking your measurements can tell you more than the number on a scale. You're losing fat and improving your Body Mass Index.

## How to take your measurements:

Once a week, take a few moments to center yourself. Take three deep, cleansing breaths and capture how you feel today. These five-minute check-ins are for your benefit. You'll be connecting your mind to your body to improve your sense of well-being and ease stress.

**Waist:** Find your waist of the narrowest part of your torso.

**Hips:** Find the widest part of your glutes by looking in a mirror while standing sideways. Make sure the tape is parallel to the floor.

**Chest:** Stand with your feet together and your torso straight. Find the widest part around your bust.

**Dominant arm:** Stand straight with your arm relaxed and find the midpoint between the shoulder and the elbow.

**Dominant thigh:** Stand straight and find the midpoint between the lower part of your glutes and the back of your knee - the widest part of your thigh.

## Measurement Tips:

Don't worry if you lose inches without losing weight. That's a sign that you're losing fat and gaining muscle.

- Wear fitted clothes if you can
- Stand with your feet together and relax your body
- Use a cloth or flexible measuring tape
- Take your measurements first thing in the morning before eating or drinking, if possible. Every time you retake them do so at the same time and under the same circumstances so you can trust the results.

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	Week 1	Week 2	Week 3	Week 4
Waist				
Hips				
Chest				
Arm				
Thigh				