



FLAT BELLY FIRM BUTT IN 16 MINUTES

www.FitnessReloaded.com

PROGRESS TRACKER

Track your progress

WHAT GETS MEASURED GETS BETTER. This is where you'll be measuring your progress, so that you don't dare to forget just how far along you've come! This PDF will be making you very happy and proud, just a few short weeks from now.

What You Need: A measuring tape, a scale, and a camera. Use the tape for the 3 metrics-belly button, waist, hips. Use the scale for your weight. And finally use the camera for the Jeans Test!

FB16	BELLY BUTTON	WAIST	HIPS	WEIGHT
Example	30 in.	28 in.	39 in.	145 lb.
BEFORE				
WEEK 4				
WEEK 8				
WEEK 12				



Directions:
Take your measurements before you get started and then at least every 4 weeks.