

MY 30 DAYS



PROGRESS TRACKER

BREAKTHROUGH CHALLENGE: MY 30 DAYS



BODY MEASUREMENT TRACKER



BEFORE

AFTER

NECK

NECK

UPPER ARM

UPPER ARM

CHEST

CHEST

WAIST

WAIST

HIP

HIP

THIGH

THIGH

CALF

CALF

BEFORE

Take a before picture and label it with the date.

Take a picture of you from the front, back, side and face.

AFTER

Take an after picture and label it with the date.

Take the same pictures as you did before.



TIP: Take body measurements in inches

MY 30 DAYS DAILY GOALS

DATE

DAY #

HOURS SLEPT

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

MY MOOD

☹️ 😞 😐 😊 😄

FOOD CHOICES

☆ ☆ ☆ ☆ ☆

WATER TRACKER

SUPPLEMENTS

WHAT HAPPENED TODAY:

DAILY MOVEMENT

MINDSET ACTIVITY:

THOUGHTS & REFLECTIONS

