

# 30 DAYS TO HEALTH

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

	Day 1	Day 7	Day 14	Day 21	Day 30
Weight	_____	_____	_____	_____	_____
Waist	_____	_____	_____	_____	_____
2" Below	_____	_____	_____	_____	_____
Hips	_____	_____	_____	_____	_____
Thigh	_____	_____	_____	_____	_____
Upper Arm	_____	_____	_____	_____	_____

Be sure to measure in the same place each time

No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying