

**BODY FX<sup>®</sup>**

# **SUCCESS**

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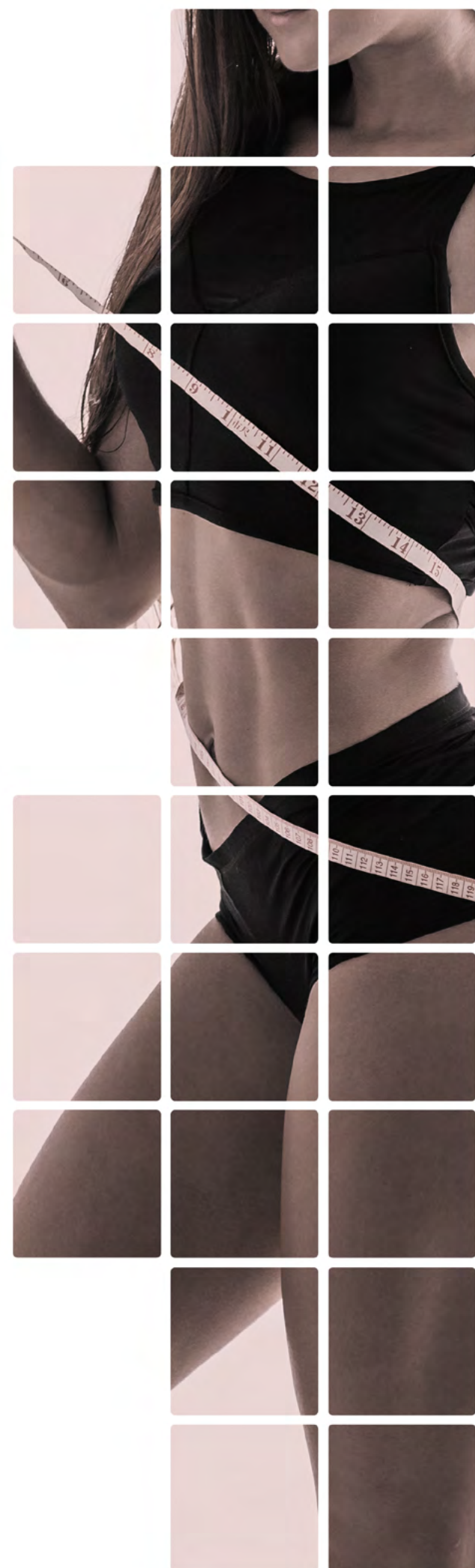
# **TRACKER**

Easily Track your  
Measurements, your  
Workouts and your  
Meals!

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“There is very strong evidence that consistent tracking -- particularly of diet, but also one’s weight, measurements & activity -- is an essential element of success.”

- Duke University professor



## WOMEN

This is your weight management and inches lost chart to track your body measurements as you work your way to success.

Record the difference from week to week until the end.

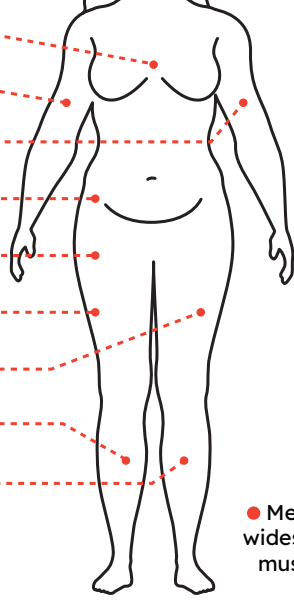
### MEASUREMENT HISTORY

START DATE \_\_\_\_\_

\_\_\_\_\_ END DATE

**BEFORE**

**AFTER**

Chest	_____		_____	Chest
Right Arm	_____		_____	Right Arm
Left Arm	_____		_____	Left Arm
Waist	_____		_____	Waist
Hips	_____		_____	Hips
Right Thigh	_____		_____	Right Thigh
Left Thigh	_____		_____	Left Thigh
Right Calf	_____		_____	Right Calf
Left Calf	_____		_____	Left Calf
Weight	_____		_____	Weight

● Measured at widest point with muscle flexed.

**DIFFERENCE:** Chest \_\_\_\_\_ Right Arm \_\_\_\_\_ Left Arm \_\_\_\_\_ Waist \_\_\_\_\_  
Hips \_\_\_\_\_ Right Thigh \_\_\_\_\_ Left Thigh \_\_\_\_\_  
Right Calf \_\_\_\_\_ Left Calf \_\_\_\_\_

**RESULTS:** Total Inches Lost: \_\_\_\_\_ Total Weight Lost: \_\_\_\_\_

## MEN

This is your weight management and inches lost chart to track your body measurements as you work your way to success.

Record the difference from week to week until the end.

## MEASUREMENT HISTORY

START DATE \_\_\_\_\_

\_\_\_\_\_ END DATE

BEFORE		AFTER	
Chest	_____	Chest	_____
Right Arm	_____	Right Arm	_____
Left Arm	_____	Left Arm	_____
Waist	_____	Waist	_____
Hips	_____	Hips	_____
Right Thigh	_____	Right Thigh	_____
Left Thigh	_____	Left Thigh	_____
Right Calf	_____	Right Calf	_____
Left Calf	_____	Left Calf	_____
Weight	_____	Weight	_____

● Measured at widest point with muscle flexed.

**DIFFERENCE:** Chest \_\_\_\_\_ Right Arm \_\_\_\_\_ Left Arm \_\_\_\_\_ Waist \_\_\_\_\_  
Hips \_\_\_\_\_ Right Thigh \_\_\_\_\_ Left Thigh \_\_\_\_\_  
Right Calf \_\_\_\_\_ Left Calf \_\_\_\_\_

**RESULTS:** Total Inches Lost: \_\_\_\_\_ Total Weight Lost: \_\_\_\_\_



Write down each workout program that you complete each day, along with its duration and its intensity. Seeing your progress will help you to be more successful in achieving your dream body.

**COMMENTS**

DAY 1:	TYPE OF PROGRAM:	
	DURATION:	
	INTENSITY:	
DAY 2:	TYPE OF PROGRAM:	
	DURATION:	
	INTENSITY:	
DAY 3:	TYPE OF PROGRAM:	
	DURATION:	
	INTENSITY:	
DAY 4:	TYPE OF PROGRAM:	
	DURATION:	
	INTENSITY:	
DAY 5:	TYPE OF PROGRAM:	
	DURATION:	
	INTENSITY:	
DAY 6:	TYPE OF PROGRAM:	
	DURATION:	
	INTENSITY:	
DAY 7:	TYPE OF PROGRAM:	
	DURATION:	
	INTENSITY:	

Did you know that writing down all the food you consume can double your weight loss efforts? Use this meal tracker as a sample guide to keep your food journal. You can enter your information one meal at a time throughout the day or all at once at the end of the day.

TIME:	FOOD INTAKE:
	BREAKFAST:
	SNACK:
	LUNCH:
	SNACK:
	DINNER:
	WATER INTAKE:
DID YOU SUCCEED?	Smiley/sad face drawn here if you did well or poorly: