

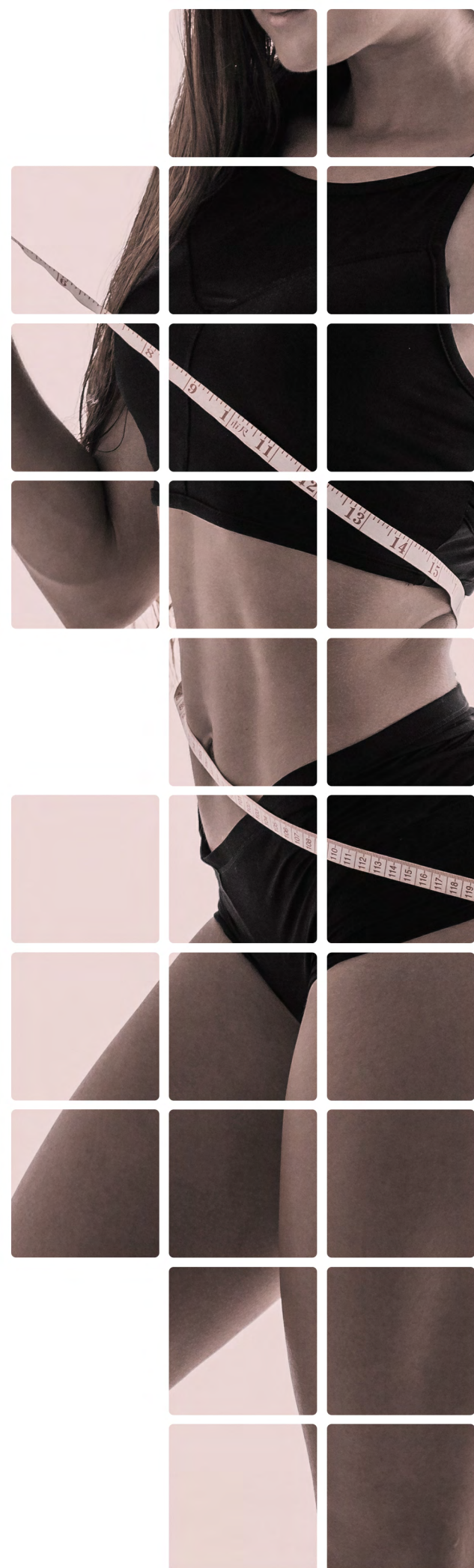
BODY FX[®]

SUCCESS TRACKER

Easily Track your
Measurements, your
Workouts and your
Meals!

“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.

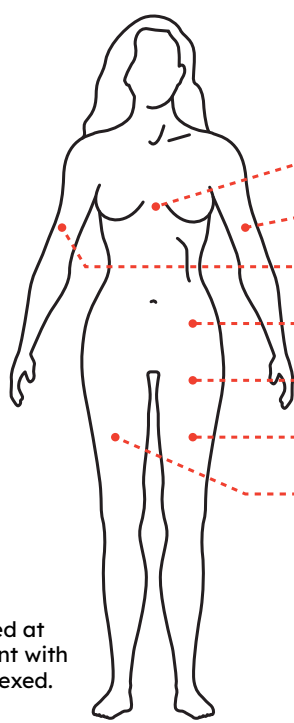
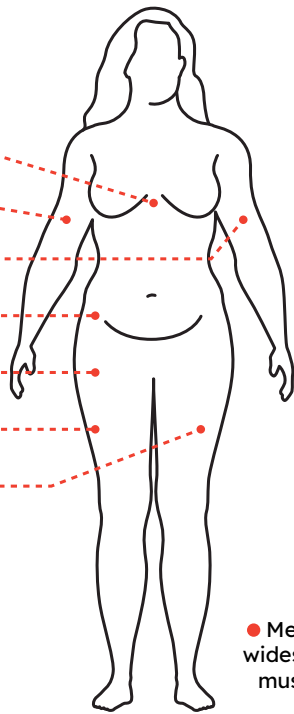
MEASUREMENT HISTORY

START DATE _____

END DATE _____

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

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



● Measured at widest point with muscle flexed.

BEFORE

AFTER

DIFFERENCE: Chest _____ Right Arm _____ Waist _____ Hips _____
Right Thigh _____ Left Thigh _____

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 _____

Chest _____

Right Arm _____

Left Arm _____

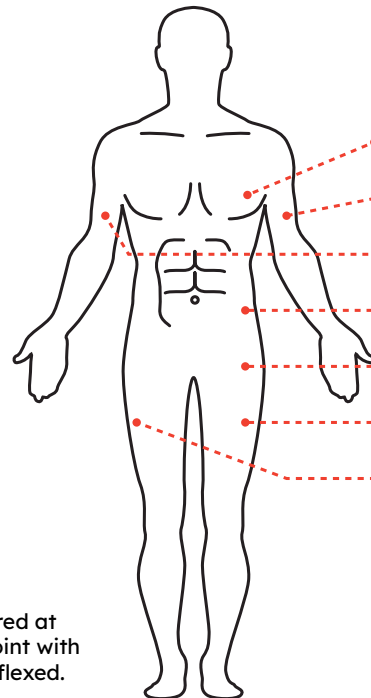
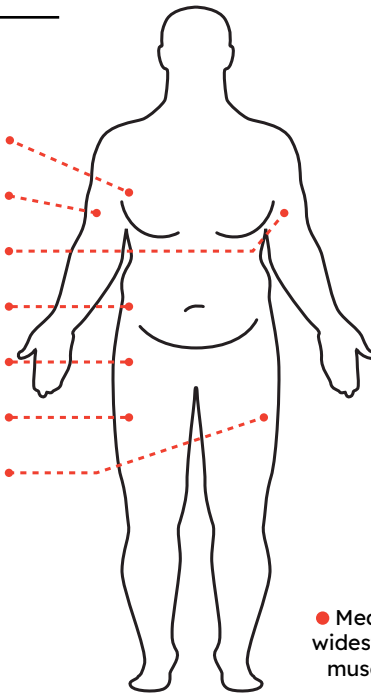
Waist _____

Hips _____

Right Thigh _____

Left Thigh _____

Weight _____



● Measured at widest point with muscle flexed.

Chest _____

Right Arm _____

Left Arm _____

Waist _____

Hips _____

Right Thigh _____

Left Thigh _____

Weight _____

BEFORE

AFTER

DIFFERENCE:

Chest _____ Right Arm _____ Waist _____ Hips _____

Right Thigh _____ Left Thigh _____

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 6:	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: