PROGRESS REPORT

FULL NAME:

**PHASE 1**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| PHASE 1 | |  | | |  | | | |
| MEASUREMENTS | 1st Day  (Start) | 15th Day  (Diet 1) | 30th Day  (Diet 2) | 45th Day  (Diet 3) | | 60h Day  (Diet 4) | 75th Day  (Diet 5) | 90h Day  (Diet 6) | |
| WEIGHT |  |  |  |  | |  |  |  | |
| WAIST |  |  |  |  | |  |  |  | |
| ABDOMEN |  |  |  |  | |  |  |  | |
| CHEST |  |  |  |  | |  |  |  | |
| RIGHT-ARM (BICEP) |  |  |  |  | |  |  |  | |
| LEFT-ARM (BICEP) |  |  |  |  | |  |  |  | |
| HIPS |  |  |  |  | |  |  |  | |
| RIGHT-THIGH |  |  |  |  | |  |  |  | |
| LEFT-THIGH |  |  |  |  | |  |  |  | |

PLEASE NOTE:

* Update your weight & measurements at beginning of the program and update the same sheet every 15th day of your diet session (early morning, empty stomach)
* Update your measurements on completion of every session i.e., the 15th day on the chart above.
* This is a mandatory document to be filled at the start of the program, followed by every session (15 days)

**PHASE 2**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| PHASE 2 | |  | | |  | | | |
| MEASUREMENTS | 1st Day  (Start) | 15th Day  (Diet 1) | 30th Day  (Diet 2) | 45th Day  (Diet 3) | | 60h Day  (Diet 4) | 75th Day  (Diet 5) | 90h Day  (Diet 6) | |
| WEIGHT |  |  |  |  | |  |  |  | |
| WAIST |  |  |  |  | |  |  |  | |
| ABDOMEN |  |  |  |  | |  |  |  | |
| CHEST |  |  |  |  | |  |  |  | |
| RIGHT-ARM  (BICEP) |  |  |  |  | |  |  |  | |
| LEFT-ARM  (BICEP) |  |  |  |  | |  |  |  | |
| HIPS |  |  |  |  | |  |  |  | |
| RIGHT-THIGH |  |  |  |  | |  |  |  | |
| LEFT-THIGH |  |  |  |  | |  |  |  | |

PLEASE NOTE:

* Update your weight & measurements at beginning of the program and update the same sheet every 15th day of your diet session (early morning, empty stomach)
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* This is a mandatory document to be filled at the start of the program, followed by every session (15 days).