

WEEKLY CHECKIN VIDUSHI GAUR

DATE – 28 JUNE

Removeat Weekly Check- in Form

Responses: -

1. What is your Name?

Answer: Vidushi Gaur

2. Your email Id?

Answer: vidushi.gaur@yahoo.com

3. Scalable progress? Current and Previous Weight & Body measurements? (Weight should be mention in KG & inches in CM)

Chest -

waist -

Hip -

Answer: 58kg

4. what were the challenges you faced last week?

Answer: Not able to exercise as was not well

5. Biggest Achievement in the week?

Answer: At least I started and was able to exercise on Saturday and Sunday

6. Was your hydration and appetite proper?

Answer: Moderate

7. How long you sleep in a day?

Answer: 3-5 Hours

8. Share your current photo (Front,Side & Back)

Answer: No Answer

9. non-Scalable victories?

Answer: * Positive mindset

**10. Your preferred time for the Weekly check-in call? (Pick a slot Monday - Saturday
(Between 9 am - 2.30 pm)**

Answer: No Answer