

# Fitness Assessment sheet

How you feel on a day-to-day basis is the most important thing to us. Noticing things like: How is your energy throughout the day? Do you find a difference in your mental alertness? Can you finish the day off without bloating and discomfort in your stomach? Do you feel like you're in control of your health, your cravings, and what you eat; or does it control you? Ultimately these are your points of success.

We understand that everyone wants to see some changes in their physical bodies as well, so the best way to do this is to take **TAKE YOUR BEFORE & AFTER PICTURES**. Although we have some measurements for you to take below, this is one of the best ways to watch your progress.

Fuck the scale. Seriously! Watch your progress through the change in your energy, mental state and what you look like in the mirror.

Use the same measuring tape and measure at the same time of day for the most accuracy:

## Week 1

Date:

Left arm (underneath shoulder) -

Right arm (underneath shoulder) -

Chest (at nipple line) -

Waist (at belly button) -

Hips (at hip bone) -

Left thigh (at biggest point) -

Right thigh (at biggest point) -

On a scale from 1-10, how badass do you feel about your health, energy and body?

## Week 4

Date:

Left arm (underneath shoulder) -

Right arm (underneath shoulder) -

Chest (at nipple line) -

Waist (at belly button) -

Hips (at hip bone) -

Left thigh (at biggest point) -

Right thigh (at biggest point) -

On a scale from 1-10, how badass do you feel about your health, energy and body?

