

# DIET FREE WEEKENDS SUCCESS AND TRACKING JOURNAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Today's Date							
Did you follow today's plan as outlined?							
How did you feel today?							

This week, my goal is to \_\_\_\_\_  
 (examples - drink 8 oz of water a day, try a new vegetables each day, etc.)

Did you reach this week's goal?  yes  no

Comments:

*Important – On day 1, take a before photo in tight clothing from the front and side!*

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# 4-WEEK TRACKING

(DO THIS EVERY 4 WEEKS)

Weight: \_\_\_\_\_

## **Measurements:**

Hips: \_\_\_\_\_ (largest part of your glutes AKA butt)

Thighs: \_\_\_\_\_ (thickest part of thigh)

Waist: \_\_\_\_\_ (from belly button)

Chest: \_\_\_\_\_ (across nipples)

Neck: \_\_\_\_\_ (thickest part of neck)

Take photos in tight clothing from side view and front view