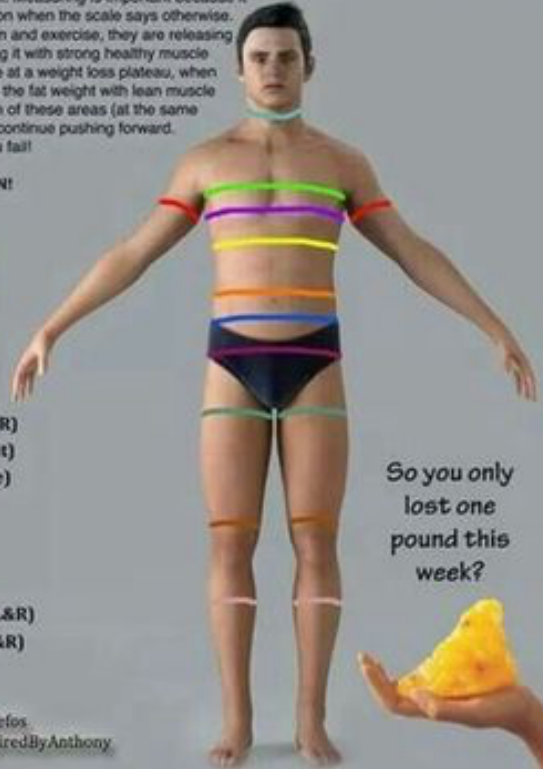


MEASURE FOR SUCCESS!

Measuring yourself is an important part of your journey towards success with weight loss. Many people only focus on what the scale tells them. When the scale doesn't move the way they want it to, they end up getting discouraged and ultimately fail. Measuring is important because it shows us that our body is moving in the right direction when the scale says otherwise. Many people do not realize that with the right nutrition and exercise, they are releasing the toxic fat weight from their bodies and replacing it with strong healthy muscle weight. They could be tricked into thinking they are at a weight loss plateau, when in fact they are actually getting smaller by replacing the fat weight with lean muscle weight. Measuring yourself once a week in each of these areas (at the same time of day) will help keep you motivated to continue pushing forward. The scale will make you fail!



MEASURE AND WIN!



- NECK
- UPPER ARM (L&R)
- CHEST (at armpit)
- CHEST (at nipple)
- DIAPHRAGM
- WAIST
- ABDOMEN
- BUTT
- UPPER THIGH (L&R)
- UPPER KNEE (L&R)
- CALF (L&R)

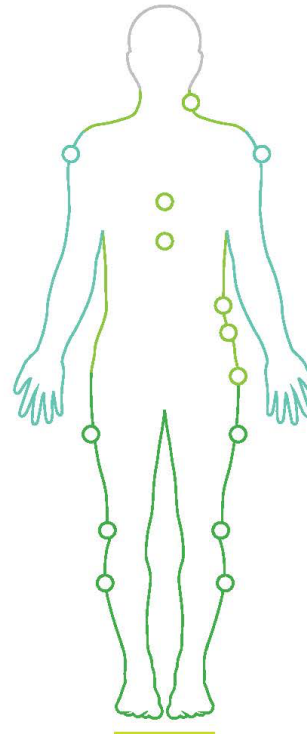
So you only lost one pound this week?



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MY SUCCESS MEASUREMENT TRACKER

	Start	Day 3	Day 9	Day 30	Goal
Weight					
Core					
Neck					
Chest					
Diaphragm					
Waist					
Abdomen					
Buttocks					
Arms					
L Upper Arm					
R Upper Arm					
Legs					
L Upper Thigh					
R Upper Thigh					
L Upper Knee					
R Upper Knee					
L Calf					
R Calf					



Tracking your measurements is a great way to gauge your success. Inches lost is just as important to your weight-loss success, if not more so, than your actual weight.