



The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



It's Game Time, Measurements and Monitoring Your Results!

When taking your measurements, use the following guidelines:

- Shoulders: Around the centre of the shoulders (tape should go around your chest and your back)
- Chest: At nipple level and under the arms (tape should go around your chest and your back)
- (Either right or left Arm) Arm: Around the largest circumference between elbow and shoulder
- Waist: Around midsection over the belly button
- Hips: Around your hips. One hand-width below the belly button (close-fingered)
- (Either right or left Thigh) Thigh: Just below buttocks
- (Either right or left Calf) Calf: Around largest point between knee and ankle

	Before You Start Your Program	4 weeks after you've started your program	8 weeks after you've started your program
Date:			
Shoulder Measurement			
Chest Measurement			
Arm			
Waist			
Hips			
Thigh			
Calf			

BOOTCAMP The
Getting

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NOTES:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.