The Mindset Behind Getting Into Awesome Shape

BOOTCAMP

...It's Not About Being Perfect

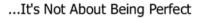
Week 4: Lesson 1



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









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			

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Ditch the scales!









Use Goal Clothing!

Your "fave" Jeans Swimwear / Bikini



BOOTCAMP ACTION STEP

Open up and complete your game-time-measurementsmonitoring-results-sheet.pdf measurements and results sheet...

> Then share it in the Bootcamp Private Facebook Group...



