

# The Mindset Behind Getting Into Awesome Shape

## **BOOTCAMP**

...It's Not About Being Perfect



## **Week 4: Lesson 1**

You Need A  
Starting Point...

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





# 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			

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# Ditch the scales!



Sexy Black Dress

Summer Shorts

## Use Goal Clothing!

Your "fave"  
Jeans

Swimwear /  
Bikini



# BOOTCAMP

## ACTION STEP

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

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

