

These products work and if you follow a few simple steps, you too will see unbelievable results!

For maximum results, we recommend you stay consistent with your program!

Stay committed to your success by calling your coach with your results.

Communicate with us if you are ever questioning your program.

Successful people stay in communication-don't stop calling. We are here to help!!

And remember, drink LOTS of water! Weigh and Measure before you start.

Name \_\_\_\_\_

Customer Results website: \_\_\_\_\_

<b>Weight and Measure Progress Chart</b>											
Goal Weight: _____lbs.	Starting Day Date:	Day 3 Date:	Day 7 Date:	2 Weeks Date:	3 Weeks Date:	4 Weeks Date:	5 Weeks Date:	6 Weeks Date:	7 Weeks Date:	8 Weeks Date:	9 Weeks Date:
Weight											
Neck											
Chest											
Biceps											
Forearm											
Wrist											
Waist											
Abs											
Hips											
Upper Thigh											
Lower Thigh											
Calf											
Ankle											
INCHES LOST											
WEIGHT LOST											

	10 Weeks Date:	11 Weeks Date:	12 Weeks Date:	13 Weeks Date:	14 Weeks Date:	15 Weeks Date:	16 Weeks Date:	17 Weeks Date:	18 Weeks Date:	19 Weeks Date:	20 Week Date:
Weight											
Neck											
Chest											
Biceps											
Forearm											
Wrist											
Waist											
Abs											
Hips											
Upper Thigh											
Lower Thigh											
Calf											
Ankle											
INCHES LOST											
WEIGHT LOST											

❖ When measuring, call each week to your coach/distributor. WE CANNOT SUCCESSFULLY HELP YOU IF WE ARE NOT KEPT INFORMED ABOUT YOUR PROGRAM RESULTS. Measure in the same spot and at the same time of day whether morning or evening.

❖ Helpful Hints:

- ❖ Chest: Measure the largest spot (if measuring with garments on then always measure with garments on).
- ❖ Waist: Just under your last rib.
- ❖ Lower thigh: 2 inches above the knee
- ❖ Everything else: In the largest spot

If you want to get rid of stubborn fat areas, add the Body Contouring Cream along with the Body Buffing Lotion. Both are amazing products to get rid of inches and stubborn cellulite!!!! Or ask your Weight Loss Coach to help you optimize your program even more.