



21 Day Kick-Start Your Transformation Challenge

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 The Challenge	3 weeks after you've started the challenge	6 weeks after you've started the challenge
Date:			
Shoulder Measurement			
Chest Measurement			
Arm			
Waist			
Hips			
Thigh			
Calf			

