

### **PROGRESS TRACKER**



RISE TRANSFORMATIONAL 2025 00 S Ш

### **BODY MEASUREMENT**

### TRACKER

#### **BEFORE**

## AFTER

**NECK NECK UPPER ARM UPPER ARM** CHEST CHEST **WAIST WAIST** HIP HIP THIGH THIGH CALF **CALF** 

#### **BEFORE**

Take a before picture and label it with the date.

Take a picture of you from the front, back, side and face.

#### **AFTER**

Take an after picture and label it with the date.

Take the same pictures as you did before.

TIP: Take body measurements in inches

# RESET & RISE DAILY GOALS

DATE						WATER TRACKER		
DAY#								
						SUPPLEMENTS		
HOURS SLEPT 0000000								
MY MOOD		\ <u>\</u>	(;;)	<u> </u>				
FOOD CHOICES	☆			$\Diamond$	☆			
WHAT HAPPENED TO	DAY:					DAILY MOVEMENT		
MINDSET ACTIVITY:								
THOUGHTS & REFLEC	CTIONS	5						

## RESET & RISE JOURNAL

Use these pages to journal your journey. Start writing where you are, and how you feel when you start. Then document how the journey is going, and what changes you are starting to see and feel. Then, as you are ending the challenge, how do you look and feel now? What changes do you notice?

## RESET & RISE JOURNAL