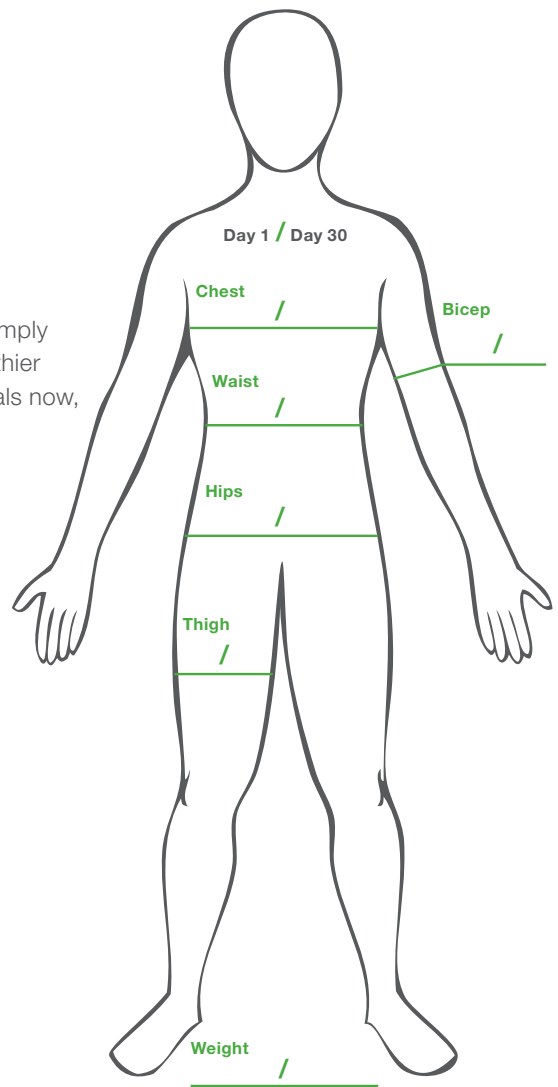


Your Profile

Establish your *Why* and write it down: If you just want to feel healthier or have more energy each day for work or recreation, write that down. If you simply feel that you want to improve your lifestyle, eat better and start making healthier choices, then write that down. The more specific you can be about your goals now, the better you will be able to track your progress during the next 30 days.

Insert before picture

Insert after picture



Contact Information

Name _____
 Arbonne ID _____
 Email _____
 Phone _____

Chest — Measure around the largest part of your chest.

Bicep — Measure midway between the top of your shoulder and elbow.

Waist — Measure approximately one inch above your belly button.

Hips — Measure around the largest part of your buttocks with your heels together.

Thigh — Stand with your legs slightly apart. Measure your upper leg where the circumference is largest.

Starting Info

(Complete on Day 1)

Why are you starting this plan today?

What does being fit mean to you?

How do you feel today?

How do you want to feel in 30 days?

Ending Info

(Complete on Day 30)

Did you accomplish your goal(s)?

Do you feel more fit?

How do you feel overall?

