



My measurements

Ask a loved one to help you take your waist and hip measurements. For better accuracy, use a flexible measuring tape or dressmaker's tape that curves around the body, rather than a stiff ruler.

DAY 1 DAY 30

1 My weight is: _____ _____

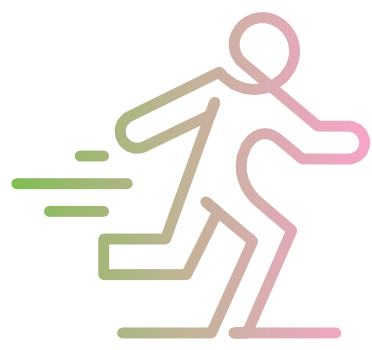
2 My waist circumference is: _____ _____
To measure, start at the top of your hip bone, then bring the tape measure all the way around your body, level with your belly button.

3 My hip circumference is: _____ _____
To measure, measure the distance around the largest part of your hips and the the widest part of your buttocks.

YOUR WAIST-TO-HIP RATIO (WHR)
.....
The waist-to-hip ratio is a quick measure of fat distribution that may help indicate a person's overall health. People who carry more weight around their middle than their hips may be at a higher risk of developing certain health conditions.
To calculate your ratio, see here.

What do you want to achieve?

This is an optional exercise, but one we highly recommend before you dive into the Fresh Start program and set goals for yourself. Below are a few ways to measure and track your progress from the start to the end of your 30 days. Fill out Day 1 of this tracker before you get started, then fill in Day 30 once you finish. You'll then be able to use these insights to set your health goals in the next section.



How I feel

Tracking how you feel is just as important, if not more important, than how you look or what size you are.
Answer these questions now, then return to them at the end of the program to compare your results.

DAY 1 DAY 30 DAY 1 DAY 30

1 My energy levels out of 10 are... (10 being full of energy). _____ _____

2 On an average day my moods out of 10 are... (10 being happy and calm). _____ _____

3 I wake up feeling refreshed _____ days out of seven. _____ _____

4 I make healthy food choices _____ per cent of the time. _____ _____

5 I exercise _____ times a week. _____ _____

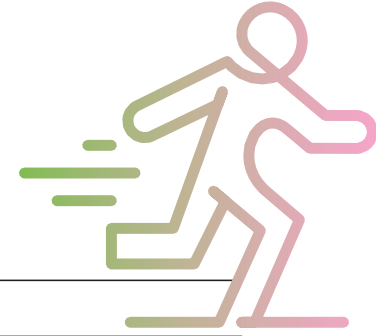
6 Each day I eat approximately _____ serves of vegetables. _____ _____

7 I feel confident and happy in my body _____ per cent of the time. _____ _____



My GOALS

Now comes the exciting part – setting your health goals! We recommend you set one primary goal and one secondary goal, and aim to make them SMART (specific, measurable, achievable, realistic and time-related). Use some of the questions on the previous page for inspiration.



My primary goal is...

This is my goal because...

When I achieve this goal I will feel ...

My secondary goal is...

This is my goal because...

When I achieve this goal I will feel ...
