

Starting Point Measurement Sheet

"Success is the sum of small efforts, repeated day in and day out."

Robert J. Collier

NAME

STARTING DATE

TAPE MEASUREMENTS

	<i>Start Date</i>	<i>End Date</i>	<i>Total Change</i>
<i>Chest</i>			
<i>Waist (small)</i>			
<i>Waist (bb)</i>			
<i>Hip</i>			
<i>Thigh</i>			
<i>Bicep</i>			
<i>Weight</i>			

BODY FAT MEASUREMENT

	<i>Start Date</i>	<i>End Date</i>	<i>Total Change</i>
<i>Body Fat %</i>			

BODYWEIGHT

	<i>Start Date</i>	<i>Weigh-In #2</i>	<i>Weigh-In #3</i>	<i>Weigh-In #4</i>	<i>Weigh-In #5</i>	<i>Weigh-In #6</i>	<i>End Date</i>
<i>Weight</i>							

Congratulations!

TOTAL INCHES LOST

TOTAL BODY FAT % LOST

TOTAL POUNDS LOST

YOUR TIME TO SUCCEED

Journey Goals

NAME

STARTING DATE

Describe your Goals: (keep them measurable ie. by date, reward, when)

*WHY is it so important for you to achieve this goal?
(this is important!)*

Three steps you are going to take to achieve your goal:

What is it going to feel like in 6 weeks, after you've achieved your goal?

SIGNATURE

DEADLINE TO
ACHIEVE DATE



1. Email peterpersoncompanyfitness@gmail.com with your goals !! *optional*
2. Write your goals down on an index card. Read them first thing in the morning and last thing before bed during EVERY day during this challenge. This will be KEY to your success.