



Winter Reboot Tracker

Name: _____

Associate Number: _____

BEFORE

Women's Dress Size/
Men's Pants Size: _____

Height (cm): _____

Weight (kg): _____

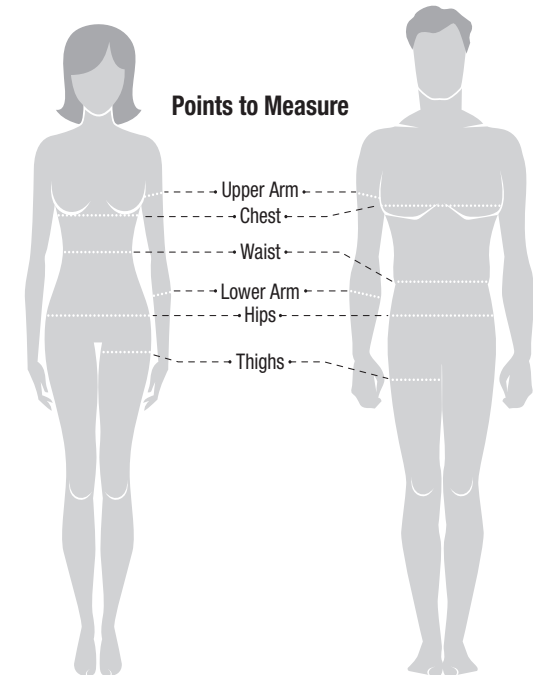
AFTER

Women's Dress Size/
Men's Pants Size: _____

Height (cm): _____

Weight (kg): _____

WEEK	1	2	3	4
CHEST (cm)				
WAIST (cm)				
HIPS (cm)				
THIGH (cm)				
RIGHT UPPER ARM (cm)				
RIGHT LOWER ARM (cm)				



ALL MEASUREMENT MUST MEASURES ON EXACTLY THE SAME POSITION EACH WEEK.