



ADVOCARE® PROGRESS TRACKER

Keep track of your healthy lifestyle journey by taking measurements and pictures on each of the following days:

DAY 1

Date	
Weight	

Measurement (in inches)

Neck		
Shoulders		
Chest		
Arms	L	R
Waist		
Hips		
Thighs	L	R
Calves	L	R
Total		

DAY 11

Date	
Weight	

Measurement (in inches)

Neck		
Shoulders		
Chest		
Arms	L	R
Waist		
Hips		
Thighs	L	R
Calves	L	R
Total		

DAY 25

Date	
Weight	

Measurement (in inches)

Neck		
Shoulders		
Chest		
Arms	L	R
Waist		
Hips		
Thighs	L	R
Calves	L	R
Total		

DAY 60

Date	
Weight	

Measurement (in inches)

Neck		
Shoulders		
Chest		
Arms	L	R
Waist		
Hips		
Thighs	L	R
Calves	L	R
Total		

DAY 90

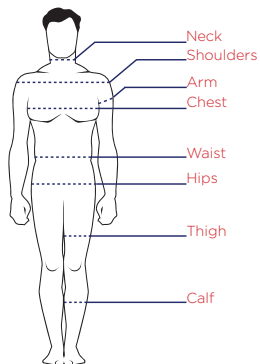
Date	
Weight	

Measurement (in inches)

Neck		
Shoulders		
Chest		
Arms	L	R
Waist		
Hips		
Thighs	L	R
Calves	L	R
Total		

Rate the following questions on a scale of 1-5, with 5 being the best.

Energy Levels?					
Sleep?					
Overall feeling of wellness?					



Progress Pictures

A great way to keep track of your AdvoCare journey as you make healthier lifestyle choices and stay consistent with product use is by taking pictures each time you take your measurements! Here are a few recommendations:

1. Take your pictures at the same time of day, with the same lighting, in the same location.
2. Choose an uncluttered location with a solid colored background.
3. Wear clothing that is form fitting and appropriate.
4. Take multiple angles: front, back, and side.
5. Stand up straight! Don't suck your stomach in, push your stomach out, or slouch.