



Measuring your progress

Measure	Day 1	Week 4	Week 8	Week 12
These first measures are our objective progress measures				
Weight				
Clothing top size				
Clothing bottom Size				
Shoulders widest point				
Chest nipple line				
Waist				
Belly button				
Hips				
Thighs				
Calves widest point				
Biceps widest point				
These next measures are more subjective based on your interpretation. Score these on a scale of 1-10				
Your energy				
Your confidence				
Your happiness				
Your body image				
Your fitness / strength				
Your mental health				
Your sleep health				

If you need to have a chat about anything, if you are struggling or if you want to discuss any aspect of your progress please send me an email nicola@rossellfitness.co.uk.