

# 6week SHAPE UP

BURN FAT AND BUILD MUSCLE IN JUST SIX WEEKS

# assessment

	Start	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	GOALS
Weight								
BMI								
Body fat %								
Hips								
Bust								
Biceps								
Thighs								

\* Not required to document progress in the grey areas

*I've made it!*

This chart gives you the opportunity to track your progress and document your success along the way. It's important to take note of the following:

- Make sure you clearly mark down your starting measurements.
- When you start, also fill in your goals. Be realistic!
- The areas marked in grey do not need weekly checking.
- Make sure you're using the same method of checking your body fat % for the duration of the 6 weeks. Using another method or scale to check your weight will allow for inconsistencies.
- Complete your measurements at the same time of day for each week.

## Why not keep track of your progress on a personalised *fitness* calendar?

Created in conjunction with Personera, you can personalise your calendar and include all your important dates and pictures – downloaded from Facebook, with a few simple clicks of a button. Have all your favourite training

and nutrition tips, various exercises and numerous motivational tips, with all your personal important dates and pics printed on a stunning pin up calendar.

