

**'Before and After' Success Story Tracker
and Interview Questionnaire**

Today's Date: _____

Your Name: _____

City, State, Country: _____

STARTING MEASUREMENTS:

Body Weight: _____ lbs OR _____ kgs
Clothing Size: _____ Dress _____ pants/jeans
Body Fat: _____ % (optional)

MAIN GOAL FOR START OF PROGRAM:

(Check one or two, if unsure – skip for now)

Reduction, Slimming ___
Building, Gaining ___
Toning, Firming ___
Mainly Cellulite Reduction ___

'Before' Photo Checklist: (check when completed)

Bathing suit/bikini photos (or shorts and tank top/sleeveless):

1 – Front view ___
2 – Back view ___
3 – Side view ___

OR – outfit of your choice:

1 – Front view ___
2 – Back view ___
3 – Side view ___

IMPORTANT

Other great 'before' photos to use in your success story are the ones that are hidden away where nobody can see them because you "hate" looking at them yourself. Get them out, because that's the old you – and we are using them as fuel for motivation here, for the new you.

FOLLOW UP PHOTOS AND MEASUREMENTS:

Fill in the dates, as per your calendar – for the following intervals after your ‘Start Date’. On these dates you will take the same photos as above, then re-measure yourself and record below. Feel free to wear ‘better fitting’ clothing as your body changes over time. I’ve left space for keeping records up to 20 weeks after your start date. However – I will leave it up to you to decide when you feel it is a great time to send in your official ‘Before and After’ Success Story Interview and Photos. It may be 8 weeks it may be 35 weeks – you’ll know when the time is right.

4 weeks after start date: Date = _____

Body Weight: _____ lbs OR _____ kgs
Clothing Size: _____ Dress _____ pants/jeans
Body Fat: _____ % (optional)

Photos:

- 1 – Front view ____
- 2 – Back view ____
- 3 – Side view ____

8 weeks after start date: Date = _____

Body Weight: _____ lbs OR _____ kgs
Clothing Size: _____ Dress _____ pants/jeans
Body Fat: _____ % (optional)

Photos:

- 1 – Front view ____
- 2 – Back view ____
- 3 – Side view ____

12 weeks after start date: Date = _____

Body Weight: _____ lbs OR _____ kgs
Clothing Size: _____ Dress _____ pants/jeans
Body Fat: _____ % (optional)

Photos:

- 1 – Front view ____
- 2 – Back view ____
- 3 – Side view ____

16 weeks after start date: Date = _____

Body Weight: _____ lbs OR _____ kgs
Clothing Size: _____ Dress _____ pants/jeans
Body Fat: _____ % (optional)

Photos:

- 1 – Front view ____
- 2 – Back view ____
- 3 – Side view ____

20 weeks after start date: Date = _____

Body Weight: _____ lbs OR _____ kgs
Clothing Size: _____ Dress _____ pants/jeans
Body Fat: _____ % (optional)

Photos:

- 1 – Front view ____
- 2 – Back view ____
- 3 – Side view ____

INTERVIEW QUESTIONS: Some of these questions may apply, some may not. Answer the ones that make sense to your own situation and feel free to add whatever information you feel would be helpful to and appropriate for other women who may be able to identify with your 'journey' and be inspired into taking the same kind of action.

- 1) Before you found me what kind of physical condition were you in and how did you get there? What was your highest weight? Highest clothing size? If your major issue was not 'too much weight', what was it? What did your health or medical profile look like (blood pressure, cholesterol levels, etc...)?

