'Before and After' Success Story Tracker and Interview Questionnaire

Today's Date:		-	
Your Name:			
City, State, Country: _			
STARTING MEA			
Body Weight:	lbs OR	kgs	
Clothing Size:	Dress % (optional)	pants/jeans	
MAIN GOAL FOR (Check one or two, if use Reduction, Slimming Building, Gaining Toning, Firming Mainly Cellulite Reduction		GRAM:	
'Before' Photo C	 hecklist: (check wher	 ı completed)	
Bathing suit/bikini ph 1 – Front view 2 – Back view 3 – Side view	otos (or shorts and tank	top/sleeveless):	
OR – outfit of your ch 1 – Front view 2 – Back view 3 – Side view	oice:		

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.

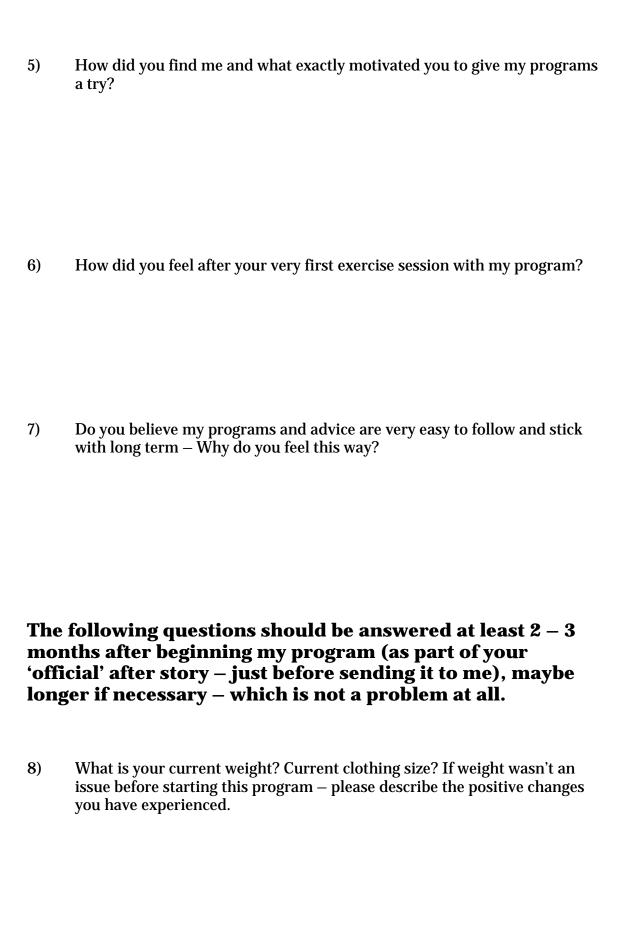
4 weeks after sta	rt date: Date =	
Body Weight:	lbs OR	kgs
	Dress	
	% (optional)	1 J
Photos:		
1 – Front view		
2 – Back view		
3 – Side view		
8 weeks after sta	art date: Date =	
Body Weight:	lbs OR	kgs
Clothing Size:	Dress	pants/jeans
	% (optional)	1 0
Photos:		
1 – Front view		
2 – Back view		
3 – Side view		
12 weeks after st	art 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		

Body Weight:	lbs OR	kgs
	Dress	
	% (optional)	· · · · · · · · · · · · · · · · · · ·
Photos:		
1 – Front view		
2 – Back view		
		
3 – Side view 20 weeks after s	tart date: Date =	
3 – Side view 20 weeks after s Body Weight:	lbs OR	kgs
3 – Side view 20 weeks after s Body Weight: Clothing Size:	lbs OR Dress	kgs
3 – Side view 20 weeks after s Body Weight: Clothing Size:	lbs OR	kgs
3 – Side view 20 weeks after s Body Weight: Clothing Size:	lbs OR Dress	kgs
3 – Side view 20 weeks after s Body Weight: Clothing Size: Body Fat:	lbs OR Dress	kgs
3 – Side view 20 weeks after s Body Weight: Clothing Size: Body Fat: Photos:	lbs OR Dress	kgs

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...)?

2)	How did your physical state affect other areas of you life? How did it affect you emotionally?
3)	What things did you want to change about yourself? What goals did you want to achieve? What were the thoughts going on in your mind that made you decide its time to take control of yourself?
4)	Before starting my programs and following my advice — were there any other programs or products that you tried? If so — what were they and what kind of results did you get with those other options?



9)	How has your personal success affected other areas of your life?
10)	How are your energy levels – physical and mental/emotional? How do feel about your self now?
11)	What do others, who have seen your transformation firsthand, think about it? What kinds of things do they say to you?
12)	Do you now feel in control of you life and your health? If so, why?
13)	Describe what a typical day looks like for you. What hours do you work? When and where do you do your exercise? When do you eat and how does

	my "diet" fit into your lifestyle? Please add anything else you want to add here. (please use 'more paper' if necessary)
14)	How has your physical success enhanced your mind, body, spirit connection? And do you feel this is important to your permanent success?
15)	For other women who are reading this, who are unhappy with their bodies, their health and how they feel in general, what friendly advice would you share with them to let them know they can make changes just like you did?
Thank you! — I look forward to reading 'your story'	
-	Joey Atlas
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