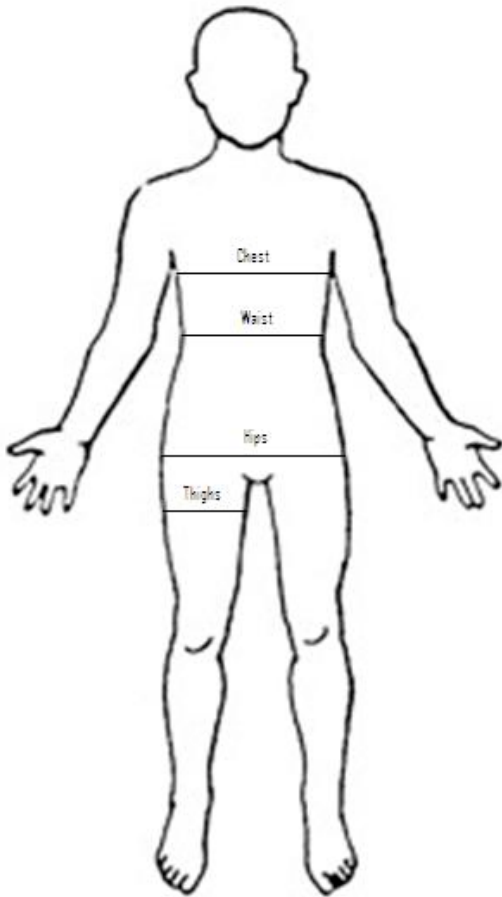


Weight/Measurement Tracking Chart

Name: _____



Chest - Standing, measure with breath out just above the nipple

Waist - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage.

Hips - Measure at the largest girth, where the butt is protruding the greatest.

Thigh - Standing, measure at the largest girth, just below the butt.

Week Ending 1

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 2

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 3

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 4

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 5

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 6

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Starting Measurements and Weight

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Ending Measurements and Weight

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Here are a few tips and tricks to get the best results when starting your Plexus journey:

1. Take *before* pictures, a headshot and a full body view.
2. Measure and weigh (see the measurement chart for details).
3. Take your products every day.
4. Drink half your body weight of water in ounces per day. For example, if you weigh 150 lbs you should drink 75 ounces.
5. Eat a protein based breakfast.
6. Go for a walk 3 – 5 times days a week for at least 30 minutes.
7. Prepare grab and go healthy snacks such as almonds, avocado, Greek yogurt, or berries.
8. Reduce processed foods and cut out artificial sweeteners.
9. Be aware of non-scale victories: better focus, sound sleep, rings loose, tummy not as bloated, better fitting jeans, reduction of food intake.
10. Reflect for 5 minutes a day on 3 things you are grateful for in your life.