

MY HEALTH TRACKER

This is an optional exercise, but one we highly recommend before you dive into the 30 day reset and set goals for yourself. Below we have selected a few ways to measure and track your progress at the start and end of the 30 days. Fill out the first half of this tracker before you get begin the reset, and fill it out again at the completion of the reset. You'll then be able to use these indights to set goals in the next section. Let's see where you notice the biggest changes!

MY MEASUREMENTS

You may like to ask a loved one to help you take your measurements. It best to use a flexible measuring/ dress makers tape that curves around the body rather than a stiff ruler.

	DAY 1	DAY 30
1. My weight is:	_____	_____
2. My waist circumference is: <i>To measure start at the top of your hip bone, then bring the tape measure all the way around your body, level with your belly button.</i>	_____	_____
3. My hip circumference is: <i>To measure, measure the distance around the largest part of your hips and the the widest part of your buttocks.</i>	_____	_____

HOW I FEEL

Tracking how you feel is just as important, if not more important than how you look or what size you are. Answer these questions now and then return to them at the end of the reset to compare your results.

	DAY 1	DAY 30
1. My energy level out of 10 is... (10 being full of energy)	_____	_____
2. On an average day my moods out of 10 are... (10 being happy and calm)	_____	_____
3. I wake up feeling refreshed ___ days out of 7...	_____	_____
4. I make healthy food choices ___ % of the time...	_____	_____
5. I exercise ___ times a week.	_____	_____
6. Each day I get appx ___ serves of vegetables in a day.	_____	_____
7. I feel confident and happy in my body ___ % of the time.	_____	_____

THE WAIST-TO-HIP RATIO (WHR)

The waist-to-hip ratio is a quick measure of fat distribution that may help indicate a person's overall health. People who carry more weight around their middle than their hips may be at a higher risk of developing certain health conditions.

[To calculate your ratio, go here.](#)

MY GOALS

Now comes the exciting part! It's time to set your goals. We generally recommend that you set one primary goal and one secondary goal. Remember to use the tools from the previous pages to set your goals, aim to make them SMART (Specific, Measurable, Achievable, Realistic and Time-related). Use some of the questions on the left-hand side to inspire your goals.

MY PRIMARY GOAL IS...

MY SECONDARY GOAL IS...

WHY THIS IS MY GOAL...

WHY THIS IS MY GOAL...

HOW I WILL FEEL ONCE I ACHIEVE MY GOAL

HOW I WILL FEEL ONCE I ACHIEVE MY GOAL
