



# PROGRESS TRACKER

RESET & RISE TRANSFORMATIONAL 2025



# BODY MEASUREMENT TRACKER



**BEFORE**

**AFTER**

NECK

NECK

UPPER ARM

UPPER ARM

CHEST

CHEST

WAIST

WAIST

HIP

HIP

THIGH

THIGH

CALF

CALF

*BEFORE*

Take a before picture and label it with the date.

Take a picture of you from the front, back, side and face.

*AFTER*

Take an after picture and label it with the date.

Take the same pictures as you did before.



TIP: Take body measurements in inches

# RESET & RISE

## DAILY GOALS

DATE

DAY #

HOURS SLEPT

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MY MOOD

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FOOD CHOICES

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WHAT HAPPENED TODAY:

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WATER TRACKER

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SUPPLEMENTS

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DAILY MOVEMENT

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MINDSET ACTIVITY:

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THOUGHTS & REFLECTIONS

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