

Essential Tracking

Record your progress here. You see, it takes longer than most of us realise to see marked changes in our appearance, and when we don't transform as quickly as we'd hoped, it's easy to lose heart.

It can feel like all that work with your lifestyle and in the gym is more or less for naught. Well, if you learn to track your body composition properly, you can avoid these problems because you'll know exactly what is or isn't happening with your physique, and you'll be able to then adjust your diet and exercise accordingly.

My Beginning (Week 1)

Date ____/____/____ Photos? ____

Girth Measurements (cm)

Chest	Abdominal	Hip	Sum of Both Arms	Sum of Both Legs

Weight (kg)

Blood Pressure ____ / ____ Resting Heart Rate ____ Fasted Blood Glucose ____

Week 3 (End of Triple Switch)

Date ____/____/____ Photos? ____

Girth Measurements (cm)

Chest	Abdominal	Hip	Sum of Both Arms	Sum of Both Legs

Weight (kg)

Blood Pressure ____ / ____ Resting Heart Rate ____ Fasted Blood Glucose ____

Week 5 (Midway Point of 30 Days of Power)

Date ____/____/____ Photos? ____

Girth Measurements (cm)

Chest	Abdominal	Hip	Sum of Both Arms	Sum of Both Legs

Weight (kg)

Blood Pressure ____ / ____ Resting Heart Rate ____ Fasted Blood Glucose ____

Week 7 (End of 30 Days of Power)

Date ___/___/___ Photos? ___

Girth Measurements (cm)

Weight (kg)

Chest	Abdominal	Hip	Sum of Both Arms	Sum of Both Legs

Blood Pressure ___/___ Resting Heart Rate ___ Fasted Blood Glucose ___

Week 10 (End of 21-days to a Lifelong Habit)

Date ___/___/___ Photos? ___

Girth Measurements (cm)

Weight (kg)

Chest	Abdominal	Hip	Sum of Both Arms	Sum of Both Legs

Blood Pressure ___/___ Resting Heart Rate ___ Fasted Blood Glucose ___

The Difference: Day 1-Day 70

Date ___/___/___ Compare Your Photos

Girth Measurements (cm)

Weight (kg)

Chest	Abdominal	Hip	Sum of Both Arms	Sum of Both Legs

Blood Pressure ___/___ Resting Heart Rate ___ Fasted Blood Glucose ___

Measurement Guidelines

Photos

- Use the same camera, lighting, and background every time.
- Take the pictures at the same time every day, preferably in the morning, after the bathroom and before breaking your overnight fast.
- If you want take both flexed and unflexed photos.
- Take photos from the front, back, and sides. Try to get everything in the frame, too, from head to toe.

Girth Measurements

- Ensure you practice and standardise the girth measurements by repeating the measurement at the same spot, always on a relaxed exhalation and with a taught but not tight tape.
- Take the girth measurements at the same time each time, preferably in the morning, after the bathroom and before breaking your fast.
- Watch the measurements video to help you dial in on exactly where the tape should be.

Weight

- Because of the natural variation across your week and your day in your weight caused by fluctuations in hydration, bowel movements and water retention it is prudent to take a weekly average of your weight in kg.
- As with the photos and girths, take your weight at the start of the day, before breakfast and after using the bathroom to standardise the reading.

Blood Pressure, Fasted Blood Glucose and Resting Heart Rate

- These are the optional measures within the Tribal Plan.
- They can offer you quantification on the greater impacts of your lifestyle intervention upon your internal health rather than just improving your body composition.
- Again, complete these measurements first thing in the morning after the bathroom but before breakfast.
- Weekly averages rather than single measurements will give you a reliable insight into your progress.