

Body Beautiful Tracker Form



Track your progress over the next 16 weeks to achieve better health using the 3 keys to success: Lifestyle, Nutrition, and Fitness to win \$5,000 in cash and prizes. **Weekly Body Beautiful Tracker Forms will be turned in at Saturday Community Fitness Sessions beginning, Saturday, February 13, 2010 – Location TBA.**

(Complete a form each week and turn in at Saturday Community Sessions)

| | | | |
|----------------------------------|--------------|---------------|---------------|
| WEEK 1 <u>Feb.1st</u> | Week 6 _____ | Week 10 _____ | Week 14 _____ |
| WEEK 2 _____ | Week 7 _____ | Week 11 _____ | Week 15 _____ |
| WEEK 3 _____ | Week 8 _____ | Week 12 _____ | Week 16 _____ |
| WEEK 4 _____ | Week 9 _____ | Week 13 _____ | Week 17 _____ |

Bonus Points

Attended Get Body Beautiful Kick-Off Expo _____

Post Your Goal on the Online Community Forum (www.getbodybeautiful.com) _____

Attended Saturday Community Sessions _____

| | <u>M</u> | <u>T</u> | <u>W</u> | <u>R</u> | <u>F</u> | <u>S</u> | <u>S</u> |
|---------------------------------------------------------------------------------------------------------------------------------------|----------|----------|----------|----------|----------|----------|----------|
| <u>Lifestyle (Daily)</u> | | | | | | | |
| Rest 8 hours | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Avoid Stress | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Avoid Alcohol & Smoking | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 30 Min. of Meditation & Relaxation | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| <u>Nutrition (Daily)</u> | | | | | | | |
| Eat Breakfast | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| No Fried Foods | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| No Processed Foods | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 5 Servings Protein | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 4 Servings Whole Grains | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 4 Servings Fruits or Veggies | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 3 Servings Dairy | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| ½ Body Weight in Water | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| <u>Fitness (5 Days Week - www.getbodybeautiful.com for 3 Strength Exercises)</u> | | | | | | | |
| 3 Strength Training Exercises (3 Days) | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Cardio – Walking or Jogging 30 Min (2 Days) | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Fun Fitness – Salsa, Skating etc.... (1 Day) | 2 | 2 | 2 | 2 | 2 | 2 | 2 |