



STARTING DATE:

END DATE:

NUTRITION AND FITNESS GOALS

PRIORITIZE AND SET YOUR TOP 5 SPECIFIC GOALS FOR THE NEXT 7 WEEKS.

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MEASUREMENTS	WEEK 1	WEEK 3	WEEK 5	WEEK 7
WEIGHT				
NECK				
CHEST				
RIGHT / LEFT BICEPS				
WAIST				
HIP				
WAIST HIP RATIO				
RIGHT / LEFT THIGH				
RIGHT / LEFT CALF				
BODY FAT PERCENTAGE				

TO CALCULATE THE BODY FAT PERCENTAGE AND WAIST HIP RATIO USE THE CALCULATOR IN OUR WEBSITE.