Shaklee 180 Lifestyle Tracker

Take your shape in a whole new direction™.

Name: ddd ______________________ Start Date: ddd __________

Your 180 Specialist ddd ______________________ Tel: dd ______________________

Notes: *The scale is an occasional measurement of progress.*

The tape is a visual measurement of health and success, by reducing your fat and increasing your lean muscle. You are lowering your bmi (Body mass Index) and increasing your metabolism through lean muscle.

We recommend measuring and weighing twice a month.

Date	Weight	Neck	Arms	Breast	Below Breast	Stomach	Waist	Thighs	Calves
1	2	2	2	2	2	2	2	2	2