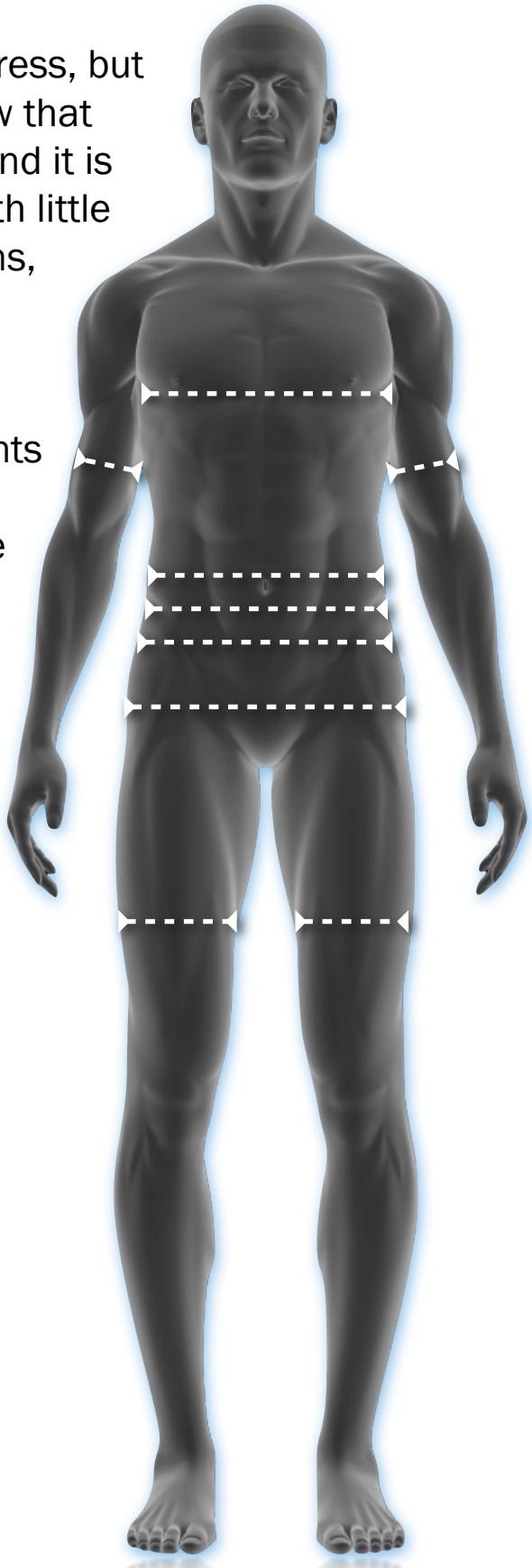
Measure Your Success!

Weight is definitely an indicator of progress, but it's not the *best* indicator. It's well know that muscle and fat have different density and it is possible to lose fat and gain muscle with little change on the scale. When this happens, these measurements will capture that transformation.

By recording just 9 simple measurements with a tape, you will be able to track changes that won't be registered by the scale alone. We'll be tracking both the individual body part and total body losses/gains along with weight and body fat. This will give a more comprehensive insight into how your body is changing over time.



9- Key Measurements

1. Chest
2. Right Arm
3. Left Arm
4. 2" Above Navel
5. Navel
6. 2" Below Navel
7. Hips (widest point)
8. Right Thigh
9. Left Thigh

Thermogenex

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