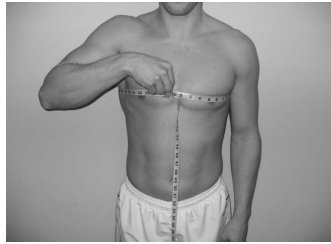


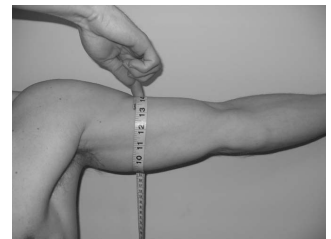
### ← Neck Measurement

For taken your neck measurement place the tape around your neck and under your Adams apple (male). Make sure to take up any slack on the tape, but don't pull the tape tight up against your skin. Make sure the tape is sitting straight all the way around.



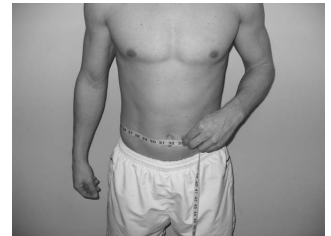
### ← Bust/Chest Measurement

For taken your bust/chest measurement place the tape around your back, under your armpits and across your chest at nipple level. Make sure to take up any slack on the tape, but don't pull the tape tight up against your skin. Make sure the tape is sitting straight all the way around.



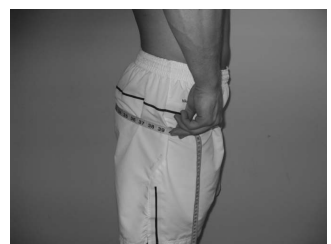
### ← Upper Arm Measurement

For taken your upper arm measurement place the tape over your upper arm at the widest point. Make sure you take up any slack on the tape, but don't pull the tape tight against your skin. Make sure the tape is sitting straight all the way around your arm.



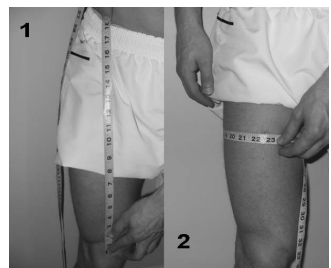
### ← Waist (Naval) Measurement

For taken your waist measurement place the tape around your back and over your naval (bellybutton). Make sure you take up any slack on the tape, but don't pull the tape tight against your skin. Make sure the tape is sitting straight all the way around your waist.



### ← Hip Measurement

For taken your hip measurement place the tape over your hips, the widest point of your backside and around to the front just above your crotch. Make sure you take up any slack on the tape, but don't pull the tape tight against your skin. Make sure the tape is sitting straight all the way around tour butt/hips.



### ← Thigh Measurement

For taken your thigh measurement place the tape half way up your thigh (see picture 1 and 2) and wrap around your thigh. Make sure you take up any slack on the tape, but don't pull the tape tight against your skin. Make sure the tape is sitting straight all the way around your thigh.



## Training Commitment Questionnaire

**Q1:** How many sessions had you scheduled this past month?

**Q2:** How many sessions did you actually perform?

**Q3:** If you missed any sessions, what was the reason?

**Q4:** Did you finish every session in its entirety?

**Q5:** Did you apply yourself or did you simply go through the motions?

**Q6:** Did you make physical progress... did you get stronger?

## Nutrition Commitment Questionnaire

**Q1:** How would you rate your eating habits this month, applicable to your goals?

**Q2:** What nutritional changes did you implement this month?

**Q3:** Did you stick with these nutritional changes?

**Q4:** Did you keep track of your daily food intake?

**Q5:** How many cheat meals did you allow yourself to have this month?

**Q6:** Did you cook/prepare the majority of your meals this month... or did you eat out?

Only when you have answered the above questions honestly, can you then begin to properly evaluate the level of progress you've made. So first assess your level of commitment and then you can more accurately evaluate your level of progress.



## BODY MEASUREMENT PROGRESS CHART

Measurement Site	Initial Reading	2 Weeks Later	4 Weeks Later	6 Weeks Later
Neck				
Bust/Chest				
Arm (Left)				
Arm (Right)				
Waist (Naval)				
Hips				
Thigh (Left)				
Thigh (Right)				

Measure Around The Widest Point For Each Measurement Site

## BODYWEIGHT PROGRESS CHART

Initial Reading	2 Weeks Later	4 Weeks Later	6 Weeks Later	Desired Target
Date	Date	Date	Date	Date
Weight	Weight	Weight	Weight	Weight

### Skinfolds

Chest Mid Auxilla Subscapular Tricep Suprailliac Abdominal Thigh				
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## GOAL SETTING WORKSHEET

### IN THE NEXT MONTH I WILL...

- 1
- 2
- 3
- 4
- 5
- 6

### IN THE NEXT 3 MONTHS I WILL...

- 1
- 2
- 3
- 4
- 5
- 6

### IN THE NEXT 6 MONTHS I WILL...

- 1
- 2
- 3
- 4
- 5
- 6

### IN THE NEXT 12 MONTHS I WILL...

- 1
- 2
- 3
- 4
- 5
- 6