

Instructions for recording measurements and uploading progress pictures:



Progress Pictures:

I ask for these with the utmost of love and respect for you! I know it's uncomfortable, but trust me - massive transformation is most possible when we allow ourselves to get uncomfortable and be vulnerable.

With as little clothing as possible 🙄 (guys: shorts, no shirt; gals: bikini or shorts & sports bra) take 3 full body pictures in good lighting - from the front, from the side, and from the back. Upload them to "Documents" in your portal

It's recommended to take progress pictures once monthly, starting today!

To upload these pictures to your Practice Better portal:

Go to 'Documents' → red circle at bottom of page → Select files (note: give it a name, ie: Karen, front pics Nov.8/22)



Taking Measurements:

- CHEST:** hold tape measure gently snug at the nipple line, without pulling tight
- WAIST:** when looking straight on into mirror, measure the smallest part of your middle
- ABDOMEN:** when turned sideways in mirror, measure around the largest part of stomach protruding
- HIPS:** looking straight on into the mirror, measure around the widest part of hip area
- THIGHS:** standing straight in front of mirror, measure around each thigh at the widest point, usually about an inch below groin
- BICEP:** holding arm at a 90 degree angle from the body, also with a 90 degree angle at elbow (like you're in an overhead press starting position, but not flexing), measure around widest part of upper arm

It's recommended to take measurements once monthly.

To upload these measurements to your Practice Better portal:

Go to 'Journals' → red circle at bottom of page → choose 'Log a Lifestyle Entry' → select 'measurements' from along the top bar

Weighing Yourself:

Weigh yourself only once per week (optionally: weigh 2 days in a row to gauge how much you tend to fluctuate from day to day). Do not weigh more than 2x/week, and for your own sanity - do not weigh after a "treat meal" day!

Weigh yourself using the same scale at the same time of day, under the same circumstances each day (ie: first thing in the morning, after a bowel movement, or before breakfast).

Please discuss with us any concerns about weighing or measuring yourself. The scale is just ONE method of tracking changes in the body, and you don't have to use it if it doesn't feel right for you 😊

To upload your weight, follow same instructions as above for measurements.