

NAME \_\_\_\_\_

DATE	JUMPING JACKS	PLANK	BURPEES	PUSH UPS	YOGA POSE 3 minutes	LET GO POSE 5 minutes
2/1	160	20	6/4/3/3	50	childs pose	savasana
2/2	180	20	10 no rest	50	down dog	bananasana
2/3	200	30	6/6/3/3	50	3 legged down dog	reclined tree
2/4	100	30	14 no rest	50	sunbird	twist
2/5	220	40	8/6/4/4	50	warrior 2	half butterfly
2/6	240	40	17 no rest	50	tree	squat
2/7	280	45	8/8/4/4	50	boat	thread the needle
2/8	100	45	20 no rest	50	crescent lunge	cross leg twist
2/9	300	60	10/8/5/5	50	plank knee in	dragonfly
2/10	320	60	24 no rest	50	locust	reclined butterfly
2/11	340	60	10/10/5/5	50	standing forward fold	cat pulling its tail
2/12	100	60	26 no rest	50	low lunge	shoulder stretch
2/13	360	90	12/10/6/6	50	bridge	butterfly
2/14	380	90	30 no rest	50	prayer twist	reclined pigeon
2/15	400	100	12/12/6/6	50	reverse warrior	big toe stretch
2/16	100	120	33 no rest	50	forearm plank	1/2 dragonfly
2/17	420	140	14/12/7/7	50	chair	melting heart
2/18	440	150	35 no rest	50	sungod	ankle stretch
2/19	460	150	14/14/7/7	50	half moon pose	square
2/20	100	180	37 no rest	50	dolphin	caterpillar
2/21	480	180	16/14/8/8	50	revolved triangle	1/2 hero
2/22	500	200	42 no rest	50	chair twist	shoelace
2/23	550	210	16/16/8/8	50	camel	sphinx/seal
2/24	580	220	44 no rest	50	rev 1/2 moon	frog
2/25	600	230	18/16/9/9	50	side angle pose	full heros
2/26	640	250	48 no rest	50	dragonfly twist	tadpole
2/27	680	270	20/18/10/9	50	warrior 3	pigeon
2/28	700	300	50 no rest	50	standing pigeon	childs

	DAY ONE	LAST DAY
WEIGHT		
Waist		
Hips		
Chest		
Abs		
Arms		
Thighs		
Calves		
TOTAL		

## MEASURING YOUR BODY

Measure twice, record the average

Waist - Find your natural waist or the narrowest part of the torso.

Hips - This is the widest part of your glutes. Try looking in a mirror while standing sideways. Make sure the tape is parallel to the floor.

Chest - Stand with feet together and the torso straight and find the widest part around your bust.

Abs - Stand with feet together and torso straight but relaxed and find the widest part of your torso, often around your bellybutton.

Arms - Stand up straight with the arm relaxed and find the midpoint between the shoulder bone and the elbow of one arm.

Thighs - The midpoint between the lower part of the glutes and the back of the knee, or the widest part of the thigh.

Calves - Halfway between the knee and the ankle.