



## MEASUREMENT TRACKER

Take your BEFORE photos and measurements the day before you start the program, and again on the day after the final day of the program. For information on how to get the best results when taking your BEFORE and AFTER photos, please visit [BeachbodyChallengePhotos.com](https://www.BeachbodyChallengePhotos.com)

After completing your measurements, please be sure to also fill out a Daily Journal entry before you get started to assess your sleep, mood, digestion, and energy levels before embarking on this journey.



MEASUREMENTS	BEFORE	AFTER
CHEST		
R. ARM		
L. ARM		
WAIST		
HIPS		
L. THIGH		
R. THIGH		
TOTAL INCHES		
WEIGHT		



Enter your 4 Week Gut Protocol and/or 4 Weeks for Every Body results into the Beachbody Challenge contest and you'll not only have the chance to win cash prizes, but we'll also send you a FREE GIFT.\*\* Learn more and enter your results at [BeachbodyChallenge.com](https://www.BeachbodyChallenge.com)

\*\*While supplies last.

Share your photos and videos with us

/Beachbody | @Beachbody | #gutprotocol

Your Team Beachbody Coach is always there to help you reach your goals. Join their exclusive online accountability group on BODgroups to get support and motivation from your Coach and connect with others in your group. You can track your progress, share meal prep ideas and recipes with other group participants, or just cheer each other on.