

# TRACK YOUR PROGRESS

- RECORD YOUR "BEFORE" WEIGHT AND MEASUREMENTS BELOW. WE RECOMMEND TAKING PHOTOS AND A DAY 1 VIDEO.
- FIND MORE TIPS FOR MEASUREMENT AT [TRYASYLUM.COM](http://TRYASYLUM.COM).
- AFTER 30 DAYS, RECORD YOUR WEIGHT AND MEASUREMENTS BELOW AND TAKE YOUR "AFTER" PHOTOS.
- SEND US YOUR RESULTS AND GET AN "I'M COMMITTED" T-SHIRT (1 PER PERSON).

	DAY 1	DAY 30
CHEST		
RIGHT ARM		
LEFT ARM		
WAIST		
HIPS		
RIGHT THIGH		
LEFT THIGH		
WEIGHT		

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# FIT TEST

IT'S NOT ABOUT WHERE YOU ARE NOW. IT'S ABOUT WHERE YOU'RE GOING. **ALL YOU HAVE TO DO IS FOLLOW ALONG ON THE DVD.** BE SURE TO WARM UP FIRST! MARK DOWN THE NUMBER OF REPS YOU CAN DO FOR EACH EXERCISE.

EXERCISE	DAY 1	DAY 15	DAY 30
AGILITY HEISMAN			
IN & OUT AB PROGRESSION			
PULL-UPS/ PUSH-UPS			
MOUNTAIN CLIMBER SWITCH KICKS			
AGILITY SHOULDER TAPS			
X JUMPS			
MOVING PUSH-UPS			
AGILITY LATERAL SHUFFLE			
AGILITY BEAR CRAWL			

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<b>PROGRESS TRACKER</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
DUMBBELL WEIGHT (LBS.)				
RESISTANCE BAND (COLOR)				
UPPER TONING POWER BANDS (YES/NO)				
LOWER TONING POWER BANDS (YES/NO)				
# OF CHIN-UPS/PULL-UPS				
ENERGY LEVEL				
SORENESS				
SPEED ROPE SKILLS				
HOW'S MY DIET?				
AM I DRINKING ENOUGH WATER?				
DID I DRINK SHAKEOLOGY®?				
DID I DRINK RESULTS AND RECOVERY FORMULA®?				

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