

Body Image and Results Sheet

Here at Fit Camp we don't 'do' weight. If you tell us that you're not losing weight but you've lost 4cm around your waist, we'll congratulate you on your success not commiserate your perceived failure. Weight is not a particularly useful indicator of how healthy you are or how successful you are at Fit Camp. Your body shape will change faster than the dial on the scales. Ignore your scales, trust your mirror, clothes and tape measure and believe that you can change your shape in 4 short weeks. You can use the following chart as a way to plot the changes in your shape, and in your outlook.

	Start date	Week 1	Week 2	Week 3	Finish date
Chest: <i>Measure around the nipple line. Ladies keep your bra on if taking it off causes a drop!</i>					
Waist: <i>Measure in the middle of lowest rib and hip bone</i>					
Belly: <i>The bulgiest bit between waist and bum!</i>					
Hips: <i>Measure around the fullest part of your buttocks</i>					
Right thigh: <i>Select a landmark that lets you know where you measured, e.g. a freckle or blemish</i>					
Right upper arm: <i>Select a landmark that lets you know where you measured, e.g. a freckle or blemish</i>					

Where **1** is equal to 'not a lot' and **10** is a 'wow!' Please rate the following:

	Start date										Finish date									
How much do you like the shape of your body?	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
How happy would you feel to be seen in your underwear in front of others?	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
How would you rate your current happiness?	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10

My goal for this month is to:

Be specific, be challenged but not asking for a miracle, ask for support from others. :-)