



Lean Gene Diet Progress Record

To keep track of your progress, record your results:

1. *Daily* weight: first thing in the morning, naked, preferably after your bowel movement.
2. *Weekly* measurements.
3. *Weekly* photographs: front view, back view, side view.

Weeks 1 & 2

From ____/____/____ to ____/____/____

Weight (kg or lbs)

Measurements (cm or inches)

| Starting Weight: | | Body Part | At Start | End Wk 1 | End Wk 2 |
|------------------|--------|------------------------|----------|----------|----------|
| Week 1 | Week 2 | Neck: | | | |
| Day 1: | Day 1: | Bust, Chest at nipple: | | | |
| Day 2: | Day 2: | Abdomen at navel: | | | |
| Day 3: | Day 3: | Hips: | | | |
| Day 4: | Day 4: | Left Upper Arm: | | | |
| Day 5: | Day 5: | Right Upper Arm: | | | |
| Day 6: | Day 6: | Left Upper Leg: | | | |
| Day 7: | Day 7: | Right Upper Leg: | | | |

These 2 weeks I gained , or lost : kg/lbs, and cm/inches

Weeks 3 & 4

From ____/____/____ to ____/____/____

Weight (kg or lbs)

Measurements (cm or inches)

| Weight Day 7 of Wk2: | | Body Part | End Wk 2 | End Wk 3 | End Wk 4 |
|----------------------|--------|------------------------|----------|----------|----------|
| Week 3 | Week 4 | Neck: | | | |
| Day 1: | Day 1: | Bust, Chest at nipple: | | | |
| Day 2: | Day 2: | Abdomen at navel: | | | |
| Day 3: | Day 3: | Hips: | | | |
| Day 4: | Day 4: | Left Upper Arm: | | | |
| Day 5: | Day 5: | Right Upper Arm: | | | |
| Day 6: | Day 6: | Left Upper Leg: | | | |
| Day 7: | Day 7: | Right Upper Leg: | | | |

These 2 weeks I gained , or lost : kg/lbs, and cm/inches

These 4 weeks I gained , or lost : kg/lbs, and cm/inches

