

THIS PROGRESS CHART BELONGS TO: _____

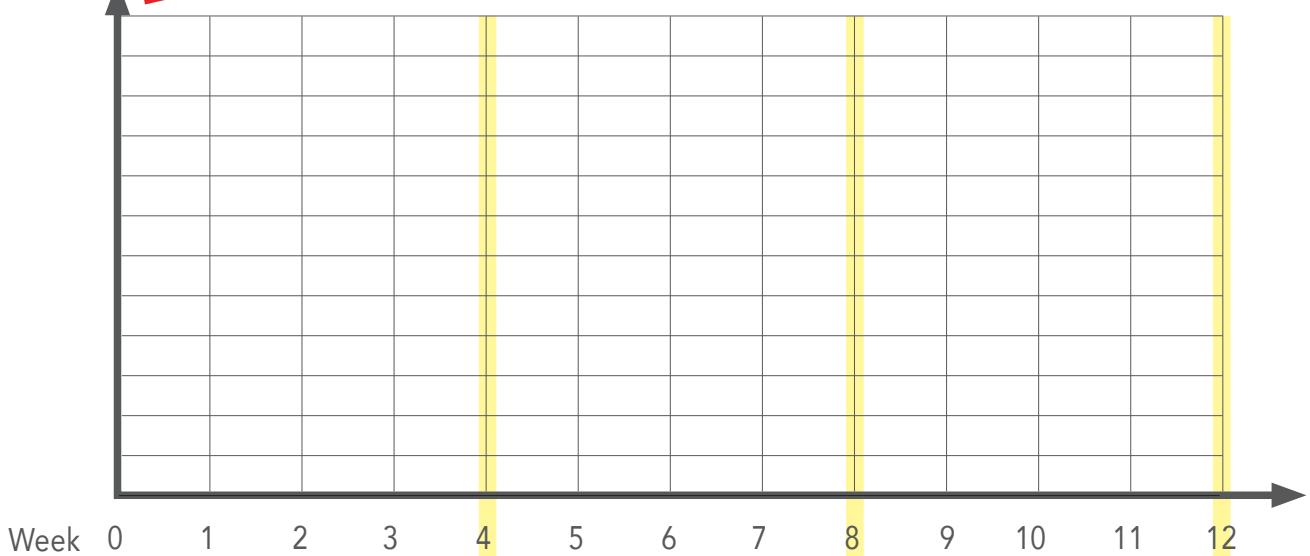
(Your name)

Your gender: _____ Your age: _____ Your city: _____ Your country: _____

Completing this document reinforces your commitment to gain control of your weight.

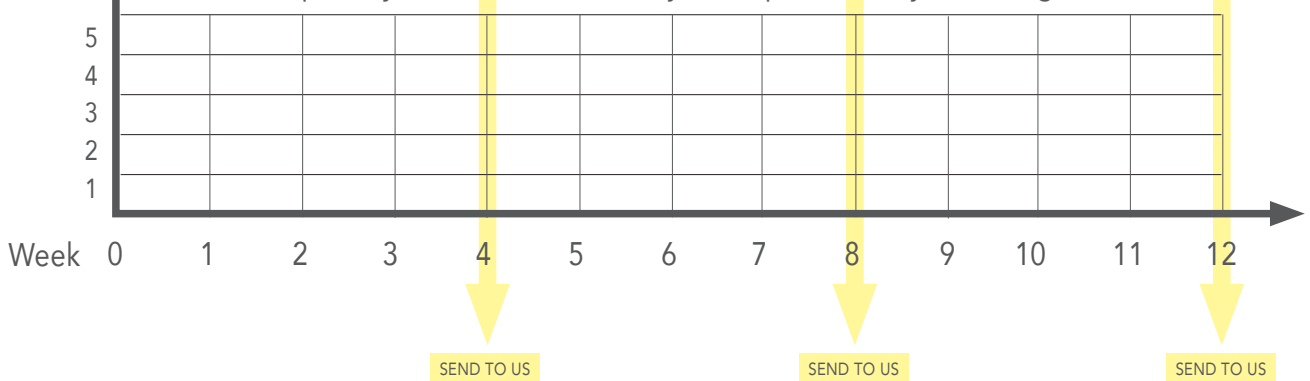
WEEKLY WEIGHT

Enter your starting weight here and draw a graph of your weekly progress



WEEKLY EXERCISE DONE

Record the quantity of exercise sessions you do per week by colouring in the blocks



Thank you for completing and returning this document to us. It allows us to track your progress and will assist us with our research. We assure you that your identity will be kept strictly private and you statistics, which will aid us in improving our programme, will be completely anonymous. Your contribution is appreciated.

Mail to: info@mnilifestyle.co.za