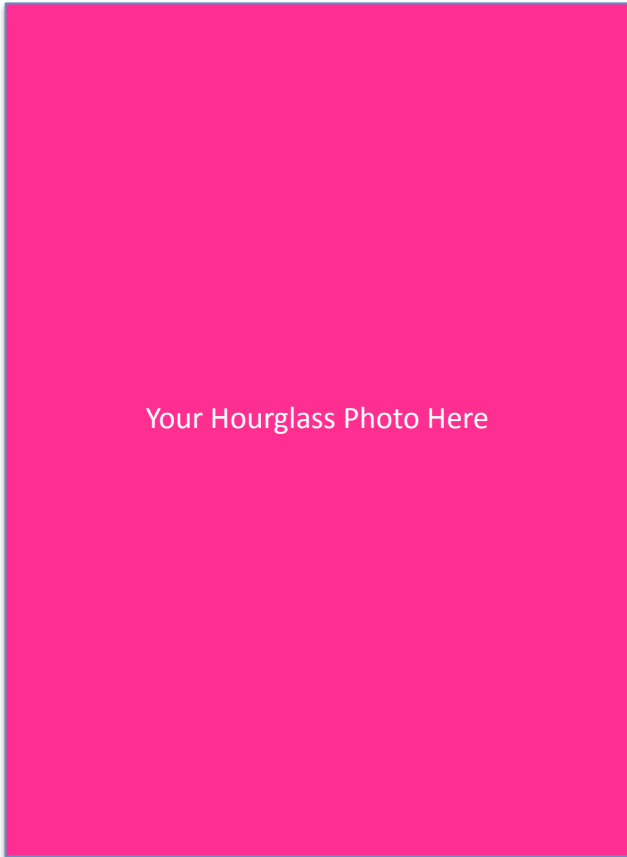




# Hourglass Tight Watch Sheet



Date:  
Weight:  
Body Fat %:  
Hourglass Measurements  
Bust:  
Waist:  
Hips:  
  
Pant Size:  
Shirt Size:  
Dress Size:  
  
Movement Benchmarks  
Pushups:  
Best time Plank Hold:  
Burpee max:  
Min per mile Walk/Run:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My energy level has been High/Med/Low

I am moving my body an average of \_\_\_\_\_ times per week regularly.

My eating habits have been...

- A. On Point    B. Depends what is in front of me    C. In party mode

My Clothes fit...

- A. Awesome    B. Good depending on the Day    C. Not so comfy

My mood has been mostly...

