

# Self Test & Measurements - Women

## Start

Date: / /

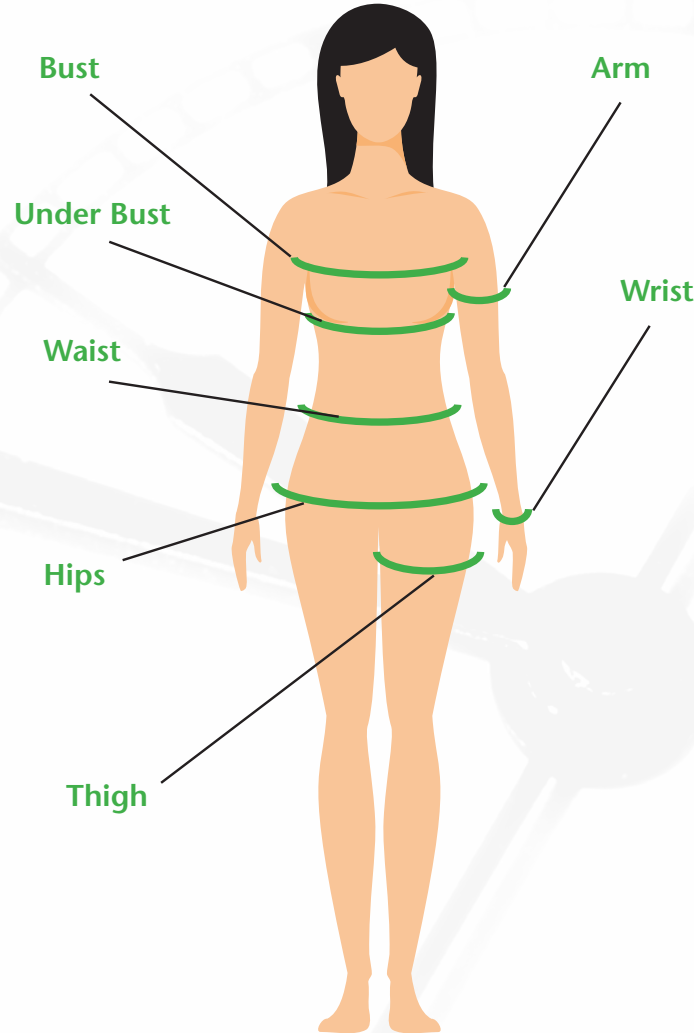
How many push ups can you do without stopping? \_\_\_\_\_  
 (Can't do push ups? How long can you hold a plank position? \_\_\_\_\_)  
 Number of squats non-stop \_\_\_\_\_  
 Length of time to hold a V-up \_\_\_\_\_  
 Weight \_\_\_\_\_

### Measurements:

Bust \_\_\_\_\_ Under Bust \_\_\_\_\_  
 R. Arm \_\_\_\_\_ L. Arm \_\_\_\_\_  
 Waist \_\_\_\_\_ Wrist \_\_\_\_\_  
 Hips \_\_\_\_\_  
 R. Thigh \_\_\_\_\_ L. Thigh \_\_\_\_\_

### Body Fat:

Stress Level	1	2	3	4	5	6	7	8	9	10
Energy Level	1	2	3	4	5	6	7	8	9	10
Mental Focus	1	2	3	4	5	6	7	8	9	10
Self Image	1	2	3	4	5	6	7	8	9	10
		Poor		Neutral					Great	



## 5 Weeks

Date: / /

How many push ups can you do without stopping? \_\_\_\_\_  
 (Can't do push ups? How long can you hold a plank position? \_\_\_\_\_)  
 Number of squats non-stop \_\_\_\_\_  
 Length of time to hold a V-up \_\_\_\_\_  
 Weight \_\_\_\_\_

### Measurements:

Bust \_\_\_\_\_ Under Bust \_\_\_\_\_  
 R. Arm \_\_\_\_\_ L. Arm \_\_\_\_\_  
 Waist \_\_\_\_\_ Wrist \_\_\_\_\_  
 Hips \_\_\_\_\_  
 R. Thigh \_\_\_\_\_ L. Thigh \_\_\_\_\_

### Body Fat:

Stress Level	1	2	3	4	5	6	7	8	9	10
Energy Level	1	2	3	4	5	6	7	8	9	10
Mental Focus	1	2	3	4	5	6	7	8	9	10
Self Image	1	2	3	4	5	6	7	8	9	10
		Poor		Neutral					Great	

Nothing worth having is free. Everything requires something in exchange.  
 If you truly want to be as healthy and strong as you can be, then work the plan.

I want to know how you are doing! Connect with me and let me know about your struggles and your success.  
 Thank you for walking on this journey with me.



Micro Decisions Make Up Your Macro Results