

# THE FITNESS COLLECTIVE

## Tips for Taking Your Measurements + Progress Photos

Be sure not to “suck in” or flex when taking measurements and photos. Stay as relaxed as possible.

Take the measurements around the largest part of each body part (except the waistline — take the smallest measurement around your waist, usually around 2 inches above your naval.)

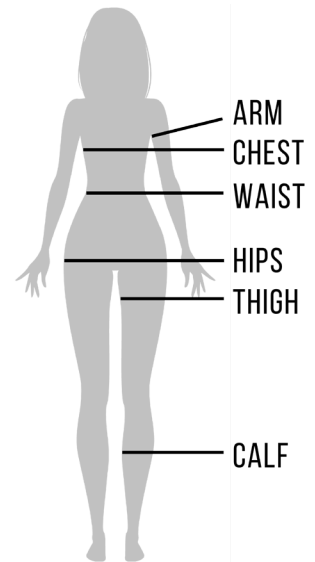
Always take measurements on your dominant side. If you are a righty, take the measurements on your right arm and your right leg.

Wear something that will show off all of your “problem areas” — wearing a bikini or a sports bra and panties is best. If you are too uncomfortable, wear a tight fitting tank top and shorts, something that will show some skin. Remember these are for your eyes only (and maybe a loved one or two!), so don't worry about “looking good”. And try to wear the same thing in all of your progress photos, so you can really see the changes happening in your body.

Take your photos in a well-lit room with a neutral background or wall behind you.

Take full length shots, from the FRONT, SIDE, and BACK.

Don't forget to smile — you should be excited to start your journey!



## How to Do Your Fitness Test

First, you're going to find your **Resting Heart Rate**. Lay on your back, close your eyes, and take deep breaths for 3 minutes. After 3 minutes, find your pulse either just under your jaw line on your neck, or right on your chest at your heart. Count for 10 seconds, then multiply by 6 and record that number below.

Now we're going to go through 6 fitness tests. Each one is designed to test a different part of your body. Each week, you'll be getting stronger and you'll notice you can complete more of every move!

**PUSH UPS:** Perform as many push ups as you can in 1 minute. Make sure to have proper form with a neutral spine, core engaged, and palms directly below shoulders. You can drop down to your knees for this; just make sure to be consistent each week. Record how many pushups you completed.

**JUMP SQUATS:** Perform as many jump squats as you can with proper form in 1 minute. Make sure to land softly on your feet and bend your knees immediately into your next squat. Record how many jump squats you completed.

**SIT UPS:** Perform as many sit ups as you can with proper form in 1 minute. Make sure to sit all the way up until your entire back is off the ground. Record how many sit ups you completed.

**BURPEES:** Perform as many burpees as you can with proper form in 1 minute. Make sure to land softly on your feet when you jump in the air. Write down how many you completed.

**PLANK:** Hold a forearm plank for as long as you can with good form. Make sure that your spine is neutral, core engaged, and elbows are directly below shoulders. Write down how long you held the plank.

**1 MILE RUN/WALK TEST:** Either hit the treadmill or get outside. Run, jog, or walk for one mile. If you don't know how far a mile is outside you can always go for a loop around your neighborhood, just remember to do the same route each week. Record how long the mile took you to complete.

Immediately after you complete your mile, find your pulse. Count how many beats occur in 10 seconds. Then multiply it by 6 to find your **Post-Workout Heart Rate**. Write that number down.

Retake your measurements and test your fitness at the end of each week to see how far you've come. You'll be amazed at how much you can improve in just four weeks!

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## Measurements + Fitness Test

	STARTING	WEEK 1	WEEK 2	WEEK 3	WEEK 4
ARMS					
CHEST					
WAIST					
HIPS					
THIGHS					
CALF					
BODY FAT %					

	STARTING	WEEK 1	WEEK 2	WEEK 3	WEEK 4
RESTING HEART RATE					

	STARTING	WEEK 1	WEEK 2	WEEK 3	WEEK 4
PUSH UPS					
JUMP SQUATS					
SIT UPS					
BURPEES					
PLANK					
1 MILE TEST					

	STARTING	WEEK 1	WEEK 2	WEEK 3	WEEK 4
POST-WORKOUT HEART RATE					