

# GOAL SETTING & TRACKING IDEAS

BODY GOALS	MIND GOALS	TIPS FOR PHOTOS
<ul style="list-style-type: none"> <li>◆ Lose “##” pounds or inches</li> <li>◆ Walk “##” steps per day</li> <li>◆ Go to the gym “#” times per week</li> <li>◆ Train for a 5K, 10K, marathon, etc.</li> <li>◆ Dropping pant/dress sizes</li> <li>◆ Tone arms/legs/body</li> </ul>	<ul style="list-style-type: none"> <li>◆ Read 30 minutes per day</li> <li>◆ Meditate for 15 minutes per day</li> <li>◆ Read 1 book a week</li> <li>◆ 1 Act of kindness each day</li> <li>◆ Turn off the TV</li> <li>◆ Write in a journal daily</li> </ul>	<ul style="list-style-type: none"> <li>◆ Show ¾ body or full body— to show full weight loss and transformation.</li> <li>◆ Dress in a swimsuit, spandex, shorts/pants and sports bra or similar clothing.</li> <li>◆ Pose with the same posture in before and after photos.</li> <li>◆ Take photos from the front, side and back</li> <li>◆ Stand comfortably, without pushing out or sucking in your stomach.</li> </ul>

## IMPORTANT TRANSFORMATION DATES

DAY	DATE	REQUIREMENTS	GIFTS
1	Sept. 4 <i>(Wednesday)</i>	<input type="checkbox"/> Enrollment Form <input type="checkbox"/> Day 1 Pics	Journal, Pen, Tape measure, Decal
15	Sept. 19 <i>(Thursday)</i>	<input type="checkbox"/> Tracking Form <input type="checkbox"/> Day 15 Pics	Female and Male winner will receive 100 CorVive Credits
30	October 4 <i>(Friday)</i>	<input type="checkbox"/> Tracking Form <input type="checkbox"/> Day 30 Pics	Female and Male winner will receive 100 CorVive Credits
45	October 19 <i>(Saturday)</i>	<input type="checkbox"/> Tracking Form <input type="checkbox"/> Day 45 Pics	Female and Male Winner

**TIPS FOR MEASUREMENTS**

**MALE**

**FEMALE**

1. Chest / Bust
2. Left Arm
3. Right Arm
4. Abdomen
5. Waist
6. Hips
7. Left Thigh
8. Right Thigh

1) What is your favorite product and why?

2) How long did it take you to notice a difference?

3) What has been the best surprise being part of the Ach13ve Transformation?

4) What are your tips for someone new?

DON'T FORGET TO	GRAND PRIZE
<ol style="list-style-type: none"> <li>1. Sign up for text alerts: text “Transform” to 66599</li> <li>2. Join the CorVive Ach13ve Transformation Facebook Group</li> <li>3. Purchase your tickets to POWER</li> </ol>	<p>Female and Male \$250 and 250 CorVive Credits</p>



# GOAL SETTING & TRACKING

ID number:

Name

First goal

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45					

Starting weight and inches

Start Date:

	DAY 1	DAY 7	DAY 15	DAY 21	DAY 30	DAY 45
<b>WEIGHT</b>						
<b>WAIST</b>						
<b>CHEST</b>						
<b>HIPS/THIGHS</b>						
<b>UPPER ARMS</b>						
<b>NECK</b>						