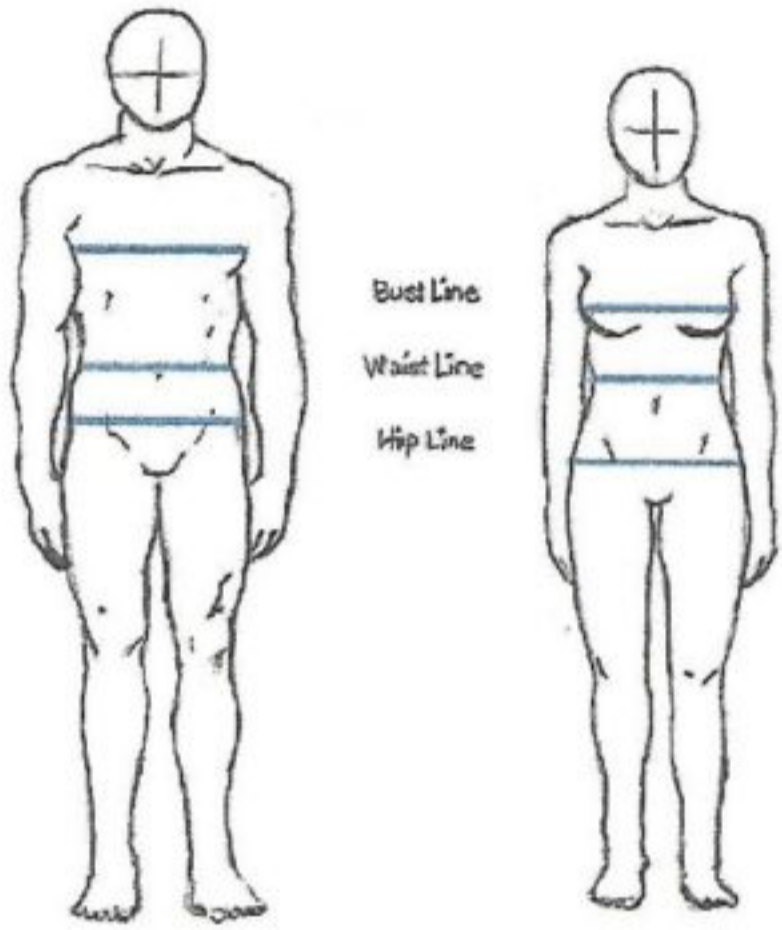


365 Power Diet Fitness Assessment

Starting Date: _____ B.P. Systolic _____ / Diastolic _____

Resting Heart Rate: _____ bpm Before Photo: _____

Date	Scale		Waist 1"	
	Weight	Bust Line	inch	Hips



Take before pictures: Front view and side view. Don't wear baggy clothing for these pictures. You'll really want to see everything!

Measurements:

- Both Male and Female Bust: (nipple line)
- Female-Waistline: 1" up from your navel, or use your natural waistline
- Female-Hips: 3" down from your belly button, or across the widest part of your gluts-side view.
- Male-Waistline: Measure right on your belly button.
- Male Hips: measure where your gluts protrude out the farthest in the back. Use a mirror: side v
- Scale Weight: Use the same scale each time, weigh at the same time of day.
- Count your resting heart rate for 1 minute:
- Blood Pressure: go to the pharmacy if you have to.

I can do all things through Christ who strengthens me! Phillipians 4:13