

Beginning Details

1.) Why? What is your "why" as you begin the Trim Healthy Mama Lifestyle? If you are re-committing to the plan, think back to the beginning and remember why you wanted to start the plan. Health issues? Weight loss? For yourself or your family? Write out your "why".

2.) As you begin, it's a great idea to weigh yourself and to take measurements. Often when the scale doesn't move, your body is shifting and changing.

Starting Date:

Weight:

Measurements:

Waist:

Hips:

Chest:

Neck:

Upper Arms:

Forearms:

Wrist:

Thighs:

Knees:

Calves:

Ankles:

"So, whether you eat or drink, or whatever you do, do all to the glory of God.

1 Corinthians 10:31