

4- week plan with check ins

Here is your weekly check in questionnaire:

Start date:

Week ___ / 4

Start weight:

Fasted- Current weight (last 3 days averaged):

Fasted- Current measurements:

Chest:

Waist:

Hips:

Thighs:

Arms:

How do you feel?

What do you have difficulty with?

How consistent were your numbers this week? Please give a brief summary on average of how close you were to your macro targets per day.

Please give me a summary of one day of meals this week –

How close was your fiber intake for each day?

How often did you eat fruits and veggies?

How much water did you drink?

How have your workouts been? How consistent were you?

Have your goals changed?

Please attach start Vs current photos.