



## Benchmarks & Measurements

Name:	Program Start Date:	
Gender:	Birth Date:	Age:

Height	Feet	Inches
Body Weight	Week 1	Week 12
BMI		

12-Week Goals	
1.	
2.	
3.	

Circumference/Tape (inches)	Week 1	Week 12
Chest		
Waist		
Hips		
Neck		
Bicep		
Upper Thigh		
Lower Thigh		
Calf		

Long-term Goals (6 - 12 months)	
1.	
2.	
3.	

Weekly Exercise Plan	Times Per
Phase 1, 2, 3 or 4 LLZ Transform-in-12	3
*Phase 1, 2, 3, or 4 5-minute LLZ Burnout	3
One-hour Walk, Bike Ride, Golf, or Any Aerobic Activity	4 - 6
Other:	
*If new to exercise, start LLZ Burnout sessions with Phase 2	

Notes:

Take a picture of your completed form and text it to our secure member portal. We will keep track of your measurements & goals and give you a progress report at the end of your 12-week program.

Text Photo to 480-207-2153

