

# *VeTribe Results tracking helpsheet:*

	Week #	Week #	Week #	Week #
Date				
Weight				
Blood pressure (120/80 optimum)				
Waist (navel)				
Women: Waist (Narrowest part)				
Women: Hips (Widest part)				
Top clothing size				
Pants/Trouser size				
Photo: Front/Back/Side/Face				
Body fat (Scales/visual guide)				
Pain/Symptoms				
Notes				

Track your weight and blood pressure weekly. Measure and take photos monthly. Review and write down any changes you have in pain or symptoms, and anything else you notice weekly. If you get any blood test results e.g. cholesterol, HBA1C, testosterone, note the results on the day they were taken to see how they change over time.

Body fat visual examples: <http://bit.ly/bodyfat-photos>

We use this tape measure to measure ourselves: <http://bit.ly/vetribe-tapemeasure>

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