



PROGRESS TRACKING

THE INTOUCH PROGRESS
INTELLIGENCE SYSTEM

WHY WE TRACK PROGRESS

WHY TRACK YOUR PROGRESS?

- Tracking progress is a super important element of the programme
- We need to know where we are starting from
- Then how we are progressing
- We can pat you on the back
- Troubleshoot
- Do whatever we need to do to make sure you stay on track and get amazing results
- Without tracking progress, it's just guesswork
- We want to see and quantify your amazing results!

THE INTOUCH PROGRESS INTELLIGENCE SYSTEM

PERSONAL PROGRESS TRACKING

PHOTOS

- **These give the best representation of your body transformation!**
- **Do these at the start of the process**
- **Then at the end of a chosen time frame (typically every 4-6 weeks)**
- **Upload via measurements section using the link**
- **Everyone is always a little apprehensive, but feel AMAZING when they see the changes Here's how to take them....**

Here's how to take them....

PERSONAL PROGRESS TRACKING

PHOTOS

- Find a plain wall or door background. You should be wearing as little as possible so you can identify differences easily
- For females we recommend a bikini or very tight fitting tops and leggings
- Men should be in shorts and topless or in a tight fitting top
- A full length front, a full length rear, and a full length side shot
- Take photos that include the ENTIRE BODY, but not leaving much photo space above the head or below the feet, so you get a clear image of the full body
- Below is an example of how to take them: you need to be able to repeat the process accurately when you come to re-take them so find somewhere that will work for that

PERSONAL PROGRESS TRACKING

PHOTOS



THE INTOUCH PROGRESS INTELLIGENCE SYSTEM

PERSONAL PROGRESS TRACKING

MEASUREMENTS

- **You need to take your own measurements of weight and circumferences, and upload these through this site on the 'MONTHLY MEASUREMENTS PAGE' section every 4-6 WEEKS**
 - **We suggest you take your measurements first thing in the morning, after going to the bathroom and before eating.**
 - **Same day and time each MONTH**
 - **This will give you the most reliable and consistent results week to week**
- Here's where to measure...**

PERSONAL PROGRESS TRACKING

WEIGHT

- For weight, make sure you have a reliable scale
- Stand on, stand still, then record the number in either kg or lbs/stones.

PERSONAL PROGRESS TRACKING

CIRCUMFERENCES

- For circumferences, you'll take these at a range of different sites, and record in inches or cm.
- Doesn't matter where the exact circumference site is for each measure, SO LONG as you use the exact same site for each measure each time.
- Body landmarks like creases, birthmarks, etc will help you find the same spot each time accurately and easily. [CLICK HERE FOR TUTORIAL VIDEO](#)
- Using a tape measure, record the circumference of the following body parts:

PERSONAL PROGRESS TRACKING

CIRCUMFERENCES

- **Chest** - at the largest bit
- **Upper arm** - around the middle of your upper arm
- **Waist** - normally the smallest part, or at the naval
- **Bum** - normally either the 'biggest part' of your hip area, or your ass
- **Thigh** - typically around the middle of your upper thigh
- **Calf** - around the largest part of your lower leg
- **You'll record these on the form on the MONTHLY MEASUREMENTS UPLOAD section page every MONTH.**