

PROGRESS GUIDE



Better starts NOW! Track your starting point using these 3 progress tracking techniques.

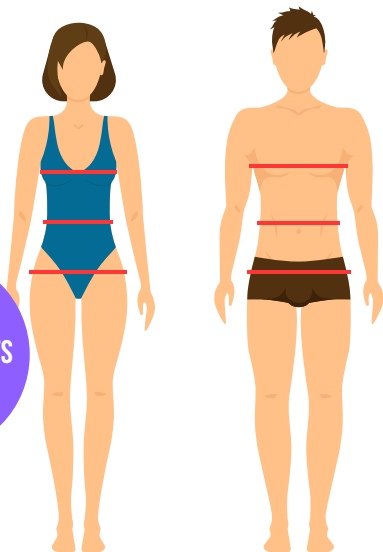
Taking your current body measurements will help you get a true grasp on your starting point so you can really see how far you have come at the end of these upcoming 8 weeks.

1 Measurement Hacks

- Take measurements standing up straight with your feet together.
- Use a flexible, cloth measuring tape.
- Ensure the tape is taut and parallel to the floor.
- We want you to be comfortable in your own skin. Start practicing now. Take your measurements in your underwear.
- Measure yourself in front of a mirror to ensure proper placement or ask a friend to help

Where to Measure. What to Measure:

- **Chest:** Place the measuring tape across your nipple line and measure around the largest part of your chest
- **Waist:** Place the measuring tape on your bellybutton. Measure on the exhale of your breath.
- **Hips:** Place the measuring tape across the widest part of your hips/buttocks.



TRACK YOUR MEASUREMENTS ON PAGE 2

2 Why Wait? Weigh yourself now.

- Take your weight first thing in the morning before eating or drinking anything.
- We like you naked. Weigh yourself in your birthday suit.
- **Take it to the MAX:** If you want the most detailed accounting of your current body composition, check out your local YMCA or gym for a body fat measurement. Don't mess up good for perfect. You don't have to have your exact body fat. You will see results with the other measurements in this guide.
- **Go steady with your scale:** Use the same scale every time. There is variation from scale to scale.

3 Before & Better Photos

Unlike traditional before & after photos, we believe in before & *better* photos. Once you've completed the Keto N8 Challenge, there is no "after." Instead, the new standard is your understanding of a better way of living. There is no "after" because your body will continue to evolve, and we consider that better.

Please take 3 before photos from the front, side, and back angles. This allows you to see your starting point in all of its glory (and maybe the rest of the world if you choose to post it on social media).

- Take your photos in front of a plain wall.
- Take photos in portrait mode and include your entire body in the photos.
- Wear tight fitting clothing.
Men: Shorts no shirt
Women: Sports bra and shorts, or swimsuit
- Ask a friend to take the photos, or use the timer function on your camera.

DISCLAIMER: The information contained herein is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always consult a qualified medical professional before beginning any nutritional or exercise program. Never disregard professional medical advice or delay in seeking it because of something you have read that is published by Prüvit Ventures, Inc. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition. The information provided by Prüvit Ventures, Inc. relating to the Keto N8 Challenge is for informational and educational purposes only and, any use thereof, is solely at your own risk. Under no circumstances is the Keto N8 Challenge dietary and exercise programs or Prüvit products be applied instead of medication or medical advice without first consulting a prescribing health care professional for a recommendation. The Keto N8 Challenge fitness enhancement strategies should not be applied unless a complete examination by a qualified health-care professional has first confirmed that the health condition of the individual can tolerate the related programs and goals, and support the enhanced metabolic performance.

BEFORE KETO N8

What are your health and/or weight management goals?

My current weight is:

My current body fat % is:

Measurements:

Chest: _____

Waist: _____ Hips: _____

How do your clothes currently fit?

- Loose Tight
 Snug Perfect

What is your typical energy level?

- Extremely low Somewhat high
 Somewhat low Extremely high
 Average

How is your mental clarity?

- ExtremelyUnclear Sharp
 Unclear Extremely Sharp
 Average

AFTER KETO N8

What are your health and/or weight management goals?

My current weight is:

My current body fat % is:

Measurements:

Chest: _____

Waist: _____ Hips: _____

How do your clothes currently fit?

- Loose Tight
 Snug Perfect

What is your typical energy level?

- Extremely low Somewhat high
 Somewhat low Extremely high
 Average

How is your mental clarity?

- ExtremelyUnclear Sharp
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