CYCLE TRACKER

PRINT THE WALL CHARTS ON PAGES 2, 4, 6 & 7

THE ULTIMATE BALANCED LIFESTYLE PLAN

NUTRITION

BREAKFAST: Herbalife Shake

MID-MORNING SNACK: 150 – 200 Calories (10g of protein)

LUNCH: Herbalife Shake

MID-AFTERNOON SNACK: 150 – 200 Calories (10g protein)

DINNER: Healthy Balanced Meal

HYDRATION

2 – 3 Litres of water per day

EXERCISE

Aiming to burn at least 300 – 400 calories per day

Examples to achieve this target:

10,000 Steps per day

OR

30 – 45 minutes of high intensity exercise, such as a HIIT workout or weight training

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NUTRITIONAL TRACKER

HERBALIFE NUTRITION

DAY	BREAKFAST	AM SNACK	LUNCH	PM SNACK	EVENING MEAL
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

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NON-SCALE MEASUREMENTS

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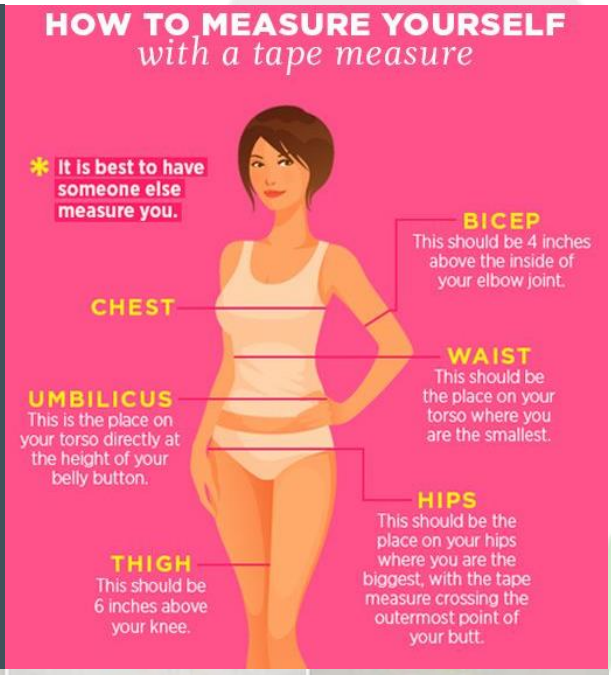
HERBALIFE NUTRITION

DON'T FORGET TO TRACK YOUR NON-SCALE VICTORIES BY TAKING YOUR MEASUREMENTS AND PHOTOS

Here is a guide on where to take measurements and how to take your photos.

Record these on Day 1 when you first start, then repeat at the end of each cycle to track how your body composition is changing every 2 weeks.



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MEASUREMENTS TRACKER

HERBALIFE NUTRITION

BODY AREA	START	END CYCLE 1	END CYCLE 2	END CYCLE 3	END CYCLE 4
	DATE:	*DATE:*	*DATE:*	*DATE:*	*DATE:*
CHEST					
BICEP					
WAIST					
UMBILICUS					
HIPS					
THIGH					

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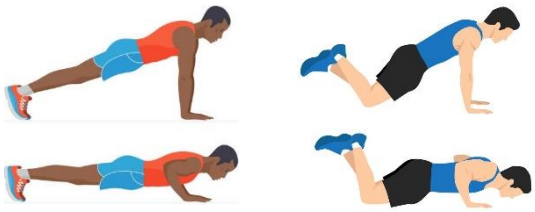
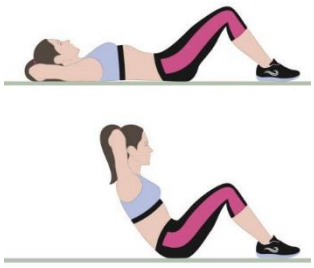
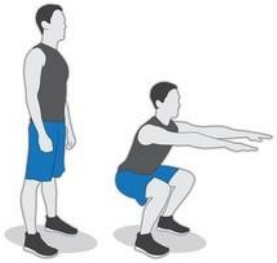
PERFORMANCE TRACKER

HERBALIFE NUTRITION

AS YOU PROGRESS ON YOUR JOURNEY WITH THE ULTIMATE BALANCED LIFESTYLE, YOU SHOULD NOTICE YOUR ENERGY LEVELS IMPROVING. THIS WILL ALSO HELP IMPROVE YOUR ENDURANCE AND PERFORMANCE WHEN PARTICIPATING IN PHYSICAL ACTIVITY.

To track your performance, here are 6 exercises that you can measure every 2 weeks. Record your results when you first start on Day 1, then repeat at the end of each cycle to monitor how your performance is improving.

PRESS UPS FULL MODIFIED  No. of reps in 1 minute	**SIT UPS**  No. of reps in 1 minute
SQUATS  No. of reps in 1 minute	**BURPEES** No. of reps in 1 minute
STEP UPS No. of reps in 1 minute	**WALK/RUN** Time to complete 1 mile

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PERFORMANCE TRACKER

HERBALIFE NUTRITION

EXERCISES	START	END CYCLE 1	END CYCLE 2	END CYCLE 3	END CYCLE 4
	DATE:	*DATE:*	*DATE:*	*DATE:*	*DATE:*
PRESS UPS	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*
SIT UPS	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*
SQUATS	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*
BURPEES	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*
STEP UPS	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*	*NO. IN 1 MINUTE:*
RUN/WALK	*TIME TO COMPLETE:*	*TIME TO COMPLETE:*	*TIME TO COMPLETE:*	*TIME TO COMPLETE:*	*TIME TO COMPLETE:*
1 MILE					

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EXERCISE TRACKER

HERBALIFE NUTRITION

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	DATE:	*DATE:*	*DATE:*	*DATE:*
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

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