Top 10 Ways to Measure Weight Loss & Fitness Progress – Without a Scale!

DATE					
Body Measurements: Waist; Waist:Height; Waist:Hip					
Resting Heart Rate					
Blood Pressure			 	 	
Heart Rate Recovery					
Sitting-Rising Test					
Endurance					
Step Ups					
Sit-Ups					
Sit & Reach					
Balance					

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