

30 Day Goal Setting & Tracking (1-30)

Name: _____

ID#: _____ Start Date: _____

My 30 Day BODY Goal is:

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

My 30 Day MIND Goal is:

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Keep Track of Your Stats!

DAY	1	7	15	21	30	TOTAL
Weight						
Waist						
Chest						
Hips/Thighs						
Upper Arms						

30 Day Goal Setting & Tracking (31-60)

Name: _____

ID#: _____ Start Date: _____

My 30 Day BODY Goal is:

31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

My 30 Day MIND Goal is:

31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

Keep Track of Your Stats!

DAY	30*	37	45	51	60	TOTAL
Weight						
Waist						
Chest						
Hips/Thighs						
Upper Arms						

*copy day 30 info from Day 1-30 Form

30 Day Goal Setting & Tracking (61-90)

Name: _____

ID#: _____ Start Date: _____

My 30 Day BODY Goal is:

61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90

My 30 Day MIND Goal is:

61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90

Keep Track of Your Stats!

DAY	60*	67	75	81	90	TOTAL
Weight						
Waist						
Chest						
Hips/Thighs						
Upper Arms						

*copy day 60 info from Day 31-60 Form

GOAL SETTING & TRACKING IDEAS

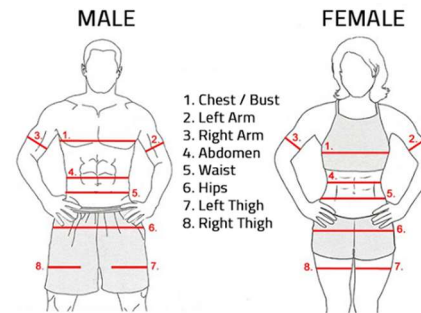
BODY GOALS

- Lose “##” pounds or inches
- Walk “##” steps per day
- Go to the gym “#” times per week
- Train for a 5K, 10K, marathon, etc.
- Dropping pant/dress sizes
- Tone arms/legs/body

MIND GOALS

- Read 30 minutes per day
- Meditate for 15 minutes per day
- Read 1 book a week
- 1 Act of kindness each day
- Turn off the TV
- Write in a journal daily

TIPS FOR MEASUREMENTS



TIPS FOR PHOTOS

- Show ¾ body or full body—to show full weight loss and transformation.
- Dress in a swimsuit, spandex shorts/pants and sports bra or similar clothing.
- Pose with the same posture in before and after photos.
- Take photos from the front, side and back
- Stand comfortably, without pushing out or sucking in your stomach.

IMPORTANT TRANSFORMATION DATES

Day	Date	Requirements
Day 1	May 1, 2019 (wed)	Enrollment Form & Day 1 Photos
Day 15	May 15, 2019 (wed)	15 day completion FORM (corvive.com/completion)
Day 30	May 30, 2019 (thurs)	30 day progress e-mail & photos (corvive.com/at-requirements)
Day 60	June 29, 2019 (sat)	60 day progress e-mail & photos (corvive.com/at-requirements)
Day 90	July 29, 2019 (mon)	90 day progress e-mail & photos (corvive.com/at-requirements)

DON'T FORGET TO

1. Sign up for text alerts: text “Transform” to 66599
2. Join the CorVive Ach13ve Transformation Facebook Group
3. Purchase your tickets to POWER SATURDAY events
(corvive.com/power)