12in24™ Plan Program Tips for Success

- Record your starting weight and measurements (up to 7 body locations), and record these ONCE PER WEEK at the exact same time of day (recommended first thing in the morning after you've eliminated your colon and bladder).
- Take a few photographs of your starting body, in your favourite clothing (swimsuit, shorts, dress etc.) to serve as motivation. Take photos from straight on angle and from the side. Keep the photo location consistent to serve as a visual reference. For your personal record only. Only share publicly if/when you feel comfortable to share your results. A before and after picture is worth a THOUSAND WORDS.
- Drink 8 to 12 glasses of water per day, as these products create thermogenesis. This is the process of accessing stored fat, converting it to a body friendly fuel and metabolized in the body. A by product when burning fat is heat therefore it's critical that you drink enough water.
- Exterior skeleton fat's primary role in the body is to store toxins. When you metabolize fat cells, toxins are released back into your blood stream for elimination through the bladder/colon. Potential side effects include nausea, diarrhea, mood swings and increase perspiration.

Day#	Weight	Weight Loss	Chest	Upper Arm Left	Upper Arm Right	Abdomen	Waist	Buttocks	Upper Thigh Left	Upper Thigh Right	Knee Left	Knee Right	Calf Left	Calf Right	Total Inches	Inches Lost
Starting Measures																
6																
12																
18																
24																
Difference																