



# Belly-B-Gone

## Registration Form

The size of your waist is an indicator of your health. The larger your waistline the more at risk you are for Heart Disease and Diabetes. Simply measure your waist at the belly button and over the course of this program see how much you can widdle away.

Turn this form into your program administrator.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ ID# \_\_\_\_\_

### Men

It's recommended that your waist be 40 or less. Greater than 40 puts you at a higher risk for Heart Disease and Diabetes.

Start Date

\_\_\_\_\_

Start Waist

\_\_\_\_\_

End Waist/Date

\_\_\_\_\_



### Women

It's recommended that your waist be 35 or less. Greater than 35 puts you at a higher risk for Heart Disease and Diabetes.

Start Date

\_\_\_\_\_

Start Waist

\_\_\_\_\_

End Waist/Date

\_\_\_\_\_

You will receive credit if you make ANY progress in reducing your waistline

# Weekly Measurement Reporting Log

*Keep in mind this specific program is for the waist only, but feel free to do other measurements. Receive credit for this program if you see ANY reduction in your waistline over the 8 week program*

Week 1: Date \_\_\_\_\_ Weight \_\_\_\_\_

Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Thighs \_\_\_\_\_

Week 2: Date \_\_\_\_\_ Weight \_\_\_\_\_

Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Thighs \_\_\_\_\_

Week 3: Date \_\_\_\_\_ Weight \_\_\_\_\_

Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Thighs \_\_\_\_\_

Week 4: Date \_\_\_\_\_ Weight \_\_\_\_\_

Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Thighs \_\_\_\_\_

Week 5: Date \_\_\_\_\_ Weight \_\_\_\_\_

Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Thighs \_\_\_\_\_

Week 6: Date \_\_\_\_\_ Weight \_\_\_\_\_

Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Thighs \_\_\_\_\_

Week 7: Date \_\_\_\_\_ Weight \_\_\_\_\_

Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Thighs \_\_\_\_\_

Week 8: Date \_\_\_\_\_ Weight \_\_\_\_\_

Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Thighs \_\_\_\_\_