

BRAVENLY BODY BLAST CHALLENGE



progress tracker

BRAVENLY BREAKTHROUGH PROGRAM



body measurement TRACKER



TIP: Take body measurements in inches

BEFORE

AFTER

NECK

NECK

UPPER ARM

UPPER ARM

CHEST

CHEST

WAIST

WAIST

HIP

HIP

THIGH

THIGH

CALF

CALF

BEFORE

AFTER

Take a before picture and label it with the date.

Take an after picture and label it with the date.

Take a picture of you from the front, back, side and face.

Take the same pictures as you did before.

*Follow Bravenly's Before & After Compliance Guidelines
*Submit photos via email to testimonials@bravenlyglobal.com

5 DAILY KEYS to unlock your transformation

WEEK OF:

FOOD Commit to a food plan.

PRODUCTS Take the Breakthrough Bundle Products.

MOVE Do 20 minutes of exercise.

HYDRATE Drink 1/2 your body weight in oz of water.

MINDSET Complete 15 minutes of self-development.

DAY 1

food 

products 

move 

hydrate 

mindset 

DAY 2

food 

products 

move 

hydrate 

mindset 

DAY 3

food 

products 

move 

hydrate 

mindset 

DAY 4

food 

products 

move 

hydrate 

mindset 

DAY 5

food 

products 

move 

hydrate 

mindset 

DAY 6

food 

products 

move 

hydrate 

mindset 

DAY 7

food 

products 

move 

hydrate 

mindset 

weight loss JOURNEY

START DATE:

STARTING WEIGHT:

GOAL WEIGHT:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

water CHALLENGE

DAY 1 

DAY 2 

DAY 3 

DAY 4 

DAY 5 

DAY 6 

DAY 7 

DAY 8 

DAY 9 

DAY 10 

DAY 11 

DAY 12 

DAY 13 

DAY 14 

DAY 15 

DAY 16 

DAY 17 

DAY 18 

DAY 19 

DAY 20 

DAY 21 

DAY 22 

DAY 23 

DAY 24 

DAY 25 

DAY 26 

DAY 27 

DAY 28 

DAY 29 

DAY 30 

mindset ACTIVITY

WEEK

ACTIVITY DESCRIPTION

DAILY CHECK-OFF

M T W TH F S S

M T W TH F S S

M T W TH F S S

M T W TH F S S

M T W TH F S S

M T W TH F S S

M T W TH F S S

M T W TH F S S

M T W TH F S S

M T W TH F S S

M T W TH F S S

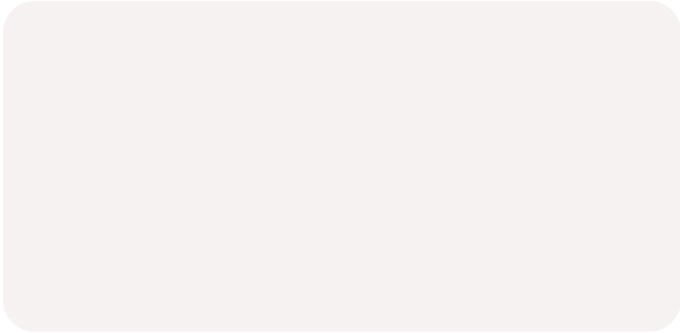
M T W TH F S S

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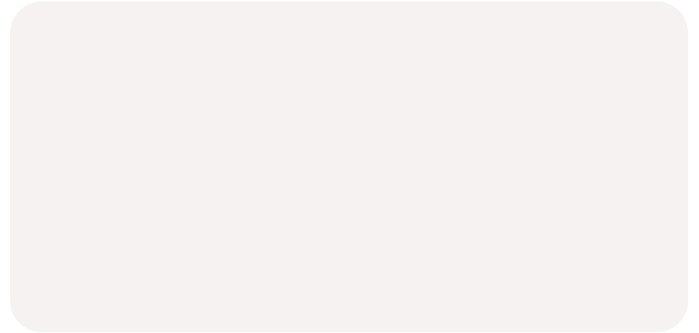
M T W TH F S S

grocery **LISTS**

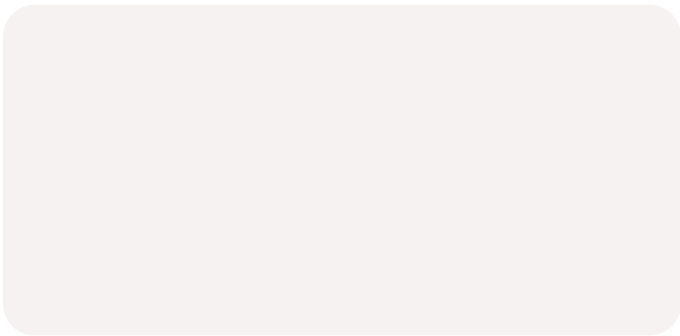
FRUITS



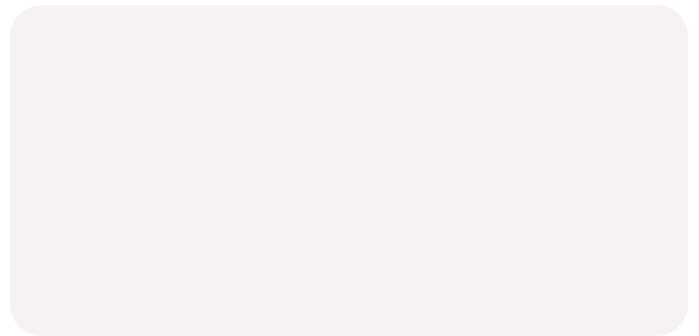
VEGETABLES



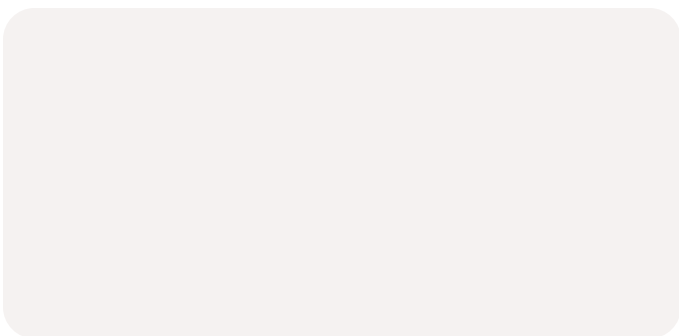
PROTEIN



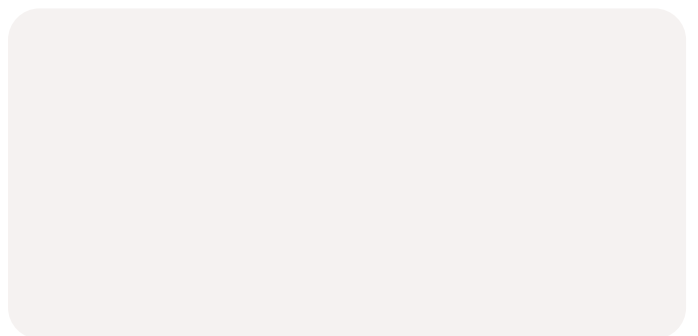
SNACKS



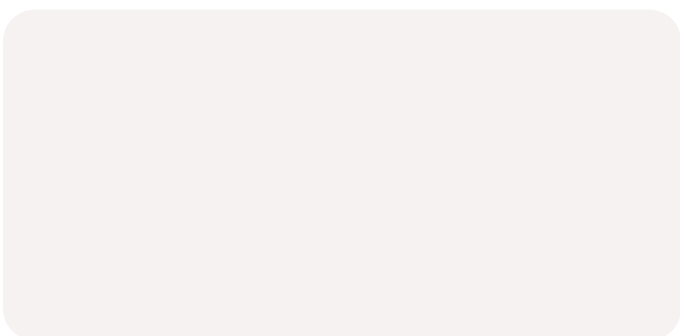
DAIRY OR ALTERNATIVE



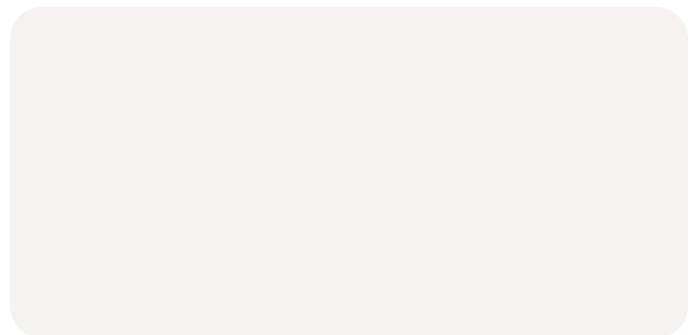
GRAINS



CONDIMENTS & SAUCES



MISC



meal PLANNING

| | BREAKFAST | LUNCH | DINNER |
|-----------|-----------|-------|--------|
| SUNDAY | | | |
| MONDAY | | | |
| TUESDAY | | | |
| WEDNESDAY | | | |
| THURSDAY | | | |
| FRIDAY | | | |
| SATURDAY | | | |

fasting

TRACKER

WEEK

FASTING
WINDOW

FOOD DIARY

CHECK
OFF

S

M

T

W

TH

F

S

savings GOAL

SAVING FOR:

SAVING GOAL:

START BALANCE:

TARGET DATE:

MOTIVATION:

