

# START NOW!

- 1 MAXIMIZE** your weight loss and fitness results by reading the Turbo Results Guidebook for fitness tips, how to take your before and after photos, and an eating plan to help you make the right food choices.
- 2 TAKE** your “before” photos and record your measurements. (See pg. 18–20)
- 3 WATCH** the Learn & Burn workout to learn Chalene’s signature Elite 11 Turbo Jam moves.
- 4 CHOOSE** your daily workout from your calendar. Log in to WOWY.com for a chance to win cash or prizes every day.
- 5 VISIT** the Turbo Jam Message Boards at [Beachbody.com/TurboJam](http://Beachbody.com/TurboJam) or [TeamBeachbody.com](http://TeamBeachbody.com) for amazing support from Chalene and all the Turbo Jammers who want to help you succeed.
- 6 JOIN** the Team Beachbody community and log on to [TeamBeachbody.com](http://TeamBeachbody.com) to access the ultimate support and motivation tools to help you reach your goals.

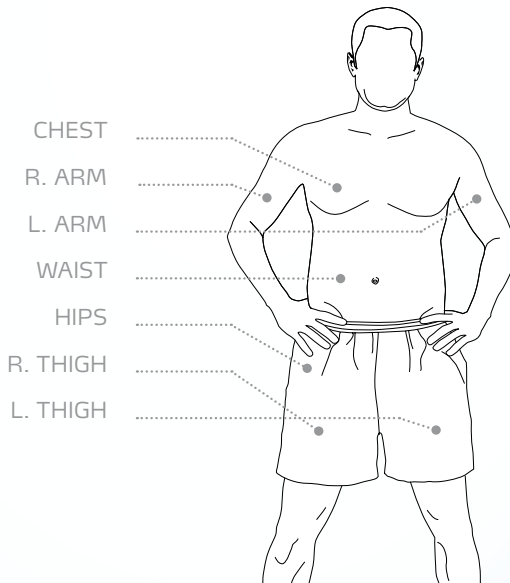
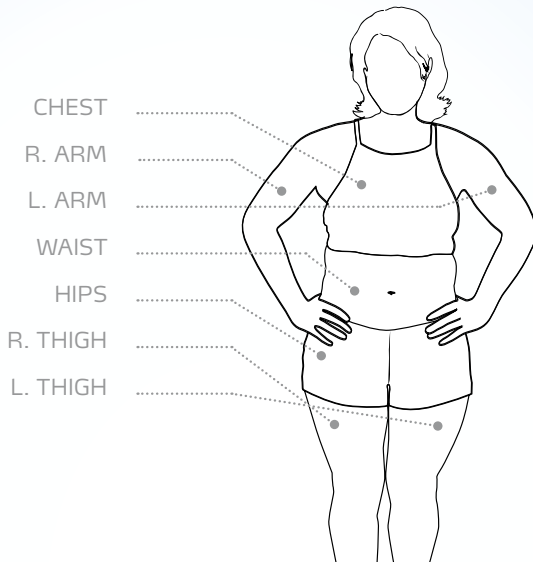
# RECORD YOUR RESULTS

Track your results below every month. The page on the right will show you the proper location to take your measurements. Be sure to keep tape measure flat and level.

	WEEK 1	WEEK 4	WEEK 8
<b>Weight</b>	_____	_____	_____
<b>Chest</b>	_____	_____	_____
<b>Waist</b>	_____ (1 inch above belly)	_____	_____
<b>Hips</b>	_____ (place fingers on hip bones)	_____	_____
<b>Right Thigh</b>	_____ (at largest part)	_____	_____
<b>Left Thigh</b>	_____ (at largest part)	_____	_____
<b>Right Upper Arm</b>	_____ (at peak of bicep)	_____	_____
<b>Left Upper Arm</b>	_____ (at peak of bicep)	_____	_____
<b>Total Weight Lost</b>		_____	_____
<b>Total Inches Lost</b>		_____	_____

If you're a member of the Team Beachbody community, you can also track your results, post your photos, and journal your daily progress online at [TeamBeachbody.com](https://www.teambeachbody.com).

# TAKE YOUR MEASUREMENTS



# GIVE IT YOUR BEST SHOT.

To track your results and progress, begin with a “before” photo. Before you begin the Turbo Jam program, take your first series of photos by following these easy guidelines.



Before



After\*\*

1

CLOTHES

Wear a swimsuit or something comparable so you can see what areas need work. The more skin you show, the more you'll see what's changed.

2

BACKDROP

Use a plain background or white wall as your backdrop.

3

ANGLES

Take a few front shots with your hands on your hips, some side shots with both hands at your sides, and a couple of back shots with your hands on your hips or posed with biceps flexed.

4

POSE

Don't suck it in or push it out. You want a true reflection of your body's appearance so you can see how much sexier you look after Turbo Jam has transformed you.

5

SEND

Create a free profile page and post your photos online at [TeamBeachbody.com](http://TeamBeachbody.com).