



DAY  
02

THE 5 DAY

SHREDDED  
SHREDDED

BODY CHALLENGE

COLLECT FIRST ROUND DATA

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# THE 5 DAY

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# BODY CHALLENGE

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**CREATE YOUR PERSONAL 4 WEEK  
FAT LOSS PLAN IN JUST 5 DAYS**

## **DAY 2: COLLECT FIRST ROUND DATA**

When you hire a trainer in any discipline or sport, they will first assess your starting point before they ever attempt to teach you anything. This is because no plan can be crafted without knowing the starting data. Otherwise you could just be wasting time unnecessarily.

Having accurate starting point data also enables you to measure. And measurement is the key to burning fat and sculpting muscle.

I see so many women launch themselves into a fitness program without taking any starting point data. Then after 4-6 weeks they are despondent because they say they can't see any changes. When we ask for their starting measurements and photos, often they haven't taken any. So how can they measure? We don't see ourselves objectively and quite often we are blind to our own progress.

The other reason why starting data is so important is because often we lie to ourselves. In our head, we give ourselves grace that we don't deserve, and pretend that it's not as bad as it is. This is because we don't want the reality of the situation. We hide under layers of baggy clothing and avoid looking in the mirror.

But something magical happens when you start measuring the data. You realise that you are NOT a number, you are a human being. And those numbers don't define you. The reason you're overweight isn't because you're a horrible person, it's because it just hasn't been that important to you before now.

However, once you decide that it's time to change, doing this step is the most important thing you can do to get you started on your journey.

## **Now it's your turn!**

**Follow these simple steps to find your starting data**

### **My Starting Point Data**

Measure the following areas and record them in the spaces below:

**Weight:** \_\_\_\_\_

**Waist Circumference** \_\_\_\_\_

Locate your upper hip bone by placing your hands around your waist, squeezing slightly, and moving your fingers down until you feel the top curve of your hips. Then, wrap a tape measure around your base stomach, just above your hip bone. Make sure the measuring tape is parallel to the floor and snug to your body, but not so tight that it compresses the skin. Exhale while taking the measurement and don't suck in your stomach.

**Hip Circumference** \_\_\_\_\_

Identify the widest part of your butt. Then, place the tape measure at this point and measure the circumference.

**Right Arm** \_\_\_\_\_ **Left Arm** \_\_\_\_\_

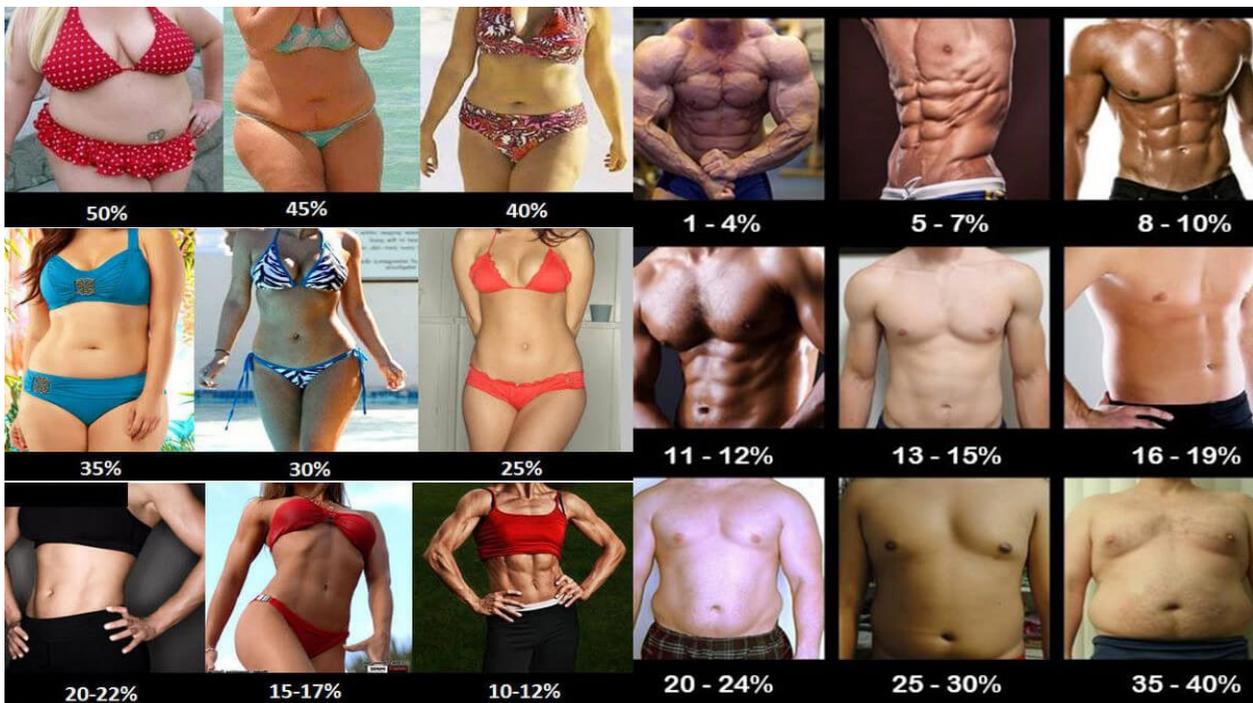
Allow your arm to hang by your side, and extend into the elbow so the tricep flexes slightly. Measure the largest part of your arm, in between your elbow and shoulder.

**Upper Leg Circumference Right** \_\_\_\_\_ **and Left** \_\_\_\_\_

Wrap a tape measure around the widest part of your thigh and hamstring.

Estimate your current body fat percentage, using the pictures below.

**Body Fat %** \_\_\_\_\_



Remember, you must complete this form and [upload a photo or a copy of it to the website](#) BEFORE 4PM on Wednesday to continue with the challenge. You can either save this as a PDF or Word Doc or take a photo on your smartphone and upload the image.

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