

7-DAY BRIDGE

KETOPIA

BEFORE & AFTER CHECKLIST

Track and measure your progress with the Ketopia system by completing the following form, both before and after your 7-Day Bridge program.

You are also encouraged to take “before” and “after” photos, whether for your own use or to share on the official Ketopia Gallery*. Take photos of your front and side profiles from a straight-on angle wearing tight fitting clothing to track your progress visually. For use publicly, they should also each be taken in the same light, with the same camera, same make-up/skin tone, and from the same distance and angle. Your photos may just become your greatest business-building tool!

BEFORE

MY HEALTH AND/OR WEIGHT MANAGEMENT GOAL(S) ARE:

MY CLOTHES CURRENTLY FIT:

LOOSE PERFECT SNUG TIGHT

WHAT IS MY TYPICAL ENERGY LEVEL?

1 2 3 4 5 6 7 8 9 10
Extremely Low Somewhat Low Average Somewhat High Extremely High

HOW IS MY MENTAL CLARITY?

1 2 3 4 5 6 7 8 9 10
Extremely Unclear Unclear Average Sharp Extremely Sharp

MY CURRENT WEIGHT IS: _____

MY CURRENT BODY FAT PERCENTAGE IS: _____

MEASUREMENTS

Upper Arm: _____

Chest: _____

Waist: _____

Thigh: _____

ADDITIONAL COMMENTS/NOTES:

AFTER

MY HEALTH AND/OR WEIGHT MANAGEMENT GOAL(S) ARE:

MY CLOTHES CURRENTLY FIT:

LOOSE PERFECT SNUG TIGHT

WHAT IS MY TYPICAL ENERGY LEVEL?

1 2 3 4 5 6 7 8 9 10

Extremely Low Somewhat Low Average Somewhat High Extremely High

HOW IS MY MENTAL CLARITY?

1 2 3 4 5 6 7 8 9 10

Extremely Unclear Unclear Average Sharp Extremely Sharp

MY CURRENT WEIGHT IS: _____

MY CURRENT BODY FAT PERCENTAGE IS: _____

MEASUREMENTS

Upper Arm: _____

Chest: _____

Waist: _____

Thigh: _____

ADDITIONAL COMMENTS/NOTES:
