



THINNER *thighs* IN 30



30-DAY TRACKER

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30-Day Tracker

To help keep you consistent and get the most out of your thinner thighs journey, I've created this 30-day tracker.

Inside you'll find various tasks to be crossed off on a daily or weekly basis.

I've carefully chosen these tasks based on what I feel will give you the biggest bang for your buck.

With that being said, you are welcome to modify these tasks or add your own.

The key point is to provide you with extra focus and, perhaps, more importantly, immediate feedback on your progress ...

And while these tasks might seem small, it's the sum of them that will make or break your results.



30 THINNER thighs IN 30

	Days 1-15														
Task	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
TT30 workout															
Cardio (TT30, walk or other)															
Yoga*															
Meditation															
Water															
Apple cider vinegar (AM and PM)															
Herbal tea (green, chamomile)															
Whole foods															
Cruciferous veggies (3-6 servings)															
Fiber (aim for 35-45g)															
Citrus Fruit (one serving)															
Avoid highly refined carbs															
Minimize sugar intake															
Minimize grains															
Minimize caffeine (1-2 cups max)															
Avoid alcohol															
Take dietary supplements															
Bed by 10pm															
Intermittent fasting (1-2 week)															
Record measurements and weight*															
Progress photos (front, side & back)*															

*Weekly tasks



30 THINNER thighs IN 30

	Days 16-30														
Task	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
TT30 workout															
Cardio (TT30, walk or other)															
Yoga*															
Meditation															
Water															
Apple cider vinegar (AM and PM)															
Herbal tea (green, chamomile)															
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*Weekly tasks

Measurement Tracking

Recording your measurements can help reassure you that things are happening and help keep you motivated.

While it's okay to jot down your weight, your main focus should be on inch loss over the next 30-days.

As well as recording your measurements, I also want you to take progress photos. This is my fave measurement tool, because just a 2 inch loss around hips can make a big difference to your appearance.

Okay, let's talk about body circumferences...

Make sure that you **DON'T record your measurements directly after a workout**. The reason for this is that the increased blood flow to your lower body can cause a temporary increase in your stats. Try to record your measurements at the same time each week, wearing tight-fitting clothing (or no clothing). Make a note of what you're wearing so you know to wear the same clothes the next time you measure. Here's how to do it:

Thighs: Measure around the biggest part of each thigh.

Hips: Place the tape measure around the biggest part of your hips.

Calves: Measure around the largest part of each calf.

On the following pages you'll find tracking sheets for the next 30-days.



Day 0 Measurements.

Thighs (widest point): L _____ R _____

Hips (widest point): _____

Calves (widest point): L _____ R _____

Weight: _____

Notes:

Day 10 Measurements.

Thighs (widest point): L _____ R _____

Hips (widest point): _____

Calves (widest point): L _____ R _____

Weight: _____

Notes:



Day 21 Measurements.

Thighs (widest point): L _____ R _____

Hips (widest point): _____

Calves (widest point): L _____ R _____

Weight: _____

Notes:

Day 31 Measurements.

Thighs (widest point): L _____ R _____

Hips (widest point): _____

Calves (widest point): L _____ R _____

Weight: _____

Notes:

Food Diary

Keeping a food diary is a ridiculously simple way to double your fat loss!

Let me explain...

A study back in 2008 examined two groups of overweight men and women. One group kept a food diary of everything they ate and drank. The other group did not record their food and drink intake.

At the end of the study the results showed that the food diary group lost twice as much fat when compared to the non-food diary group.

Impressive. Right?

The simple act of recording your food intake makes you more aware of what you're eating and drinking on a day-to-day basis and delivers better results than those who try to freestyle it.

There are many apps and websites that will allow you to record your food intake, but sometimes good ol' pen and paper does the job too.

On the following pages you'll find a bunch of tracking sheets with which you can record your food and drink over the next 30-days.

30 THINNER *thighs* IN 30

Food Diary

Week 1 2 3 4 5 (Circle)

Monday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

Water: _____

Wednesday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

Water: _____

Friday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

Water: _____

Sunday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

Water: _____

Tuesday

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

Water: _____

Thursday

Breakfast: _____

Lunch: _____

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Lunch: _____

Dinner: _____

Snacks: _____

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Water: _____

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Snacks: _____

Beverages: _____

Water: _____

Saturday

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Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

Water: _____