



*By our hands the people shall live a better life*

# Client Tracking Sheet

DOB: / /
HEIGHT:

Client Name : \_\_\_\_\_

DATE:							
ANTIOX							
WEIGHT							
BMI							
BF %							
MUSCLE							
RMR (KCAL)							
BODY AGE							
VISCERAL FAT							
	<b>START*</b>				<b>30DAYS</b>	<b>60DAYS</b>	<b>90DAYS*</b>
UPPER ARM (L)							
UPPER ARM (R)							
CHEST							
WAIST							
Navel							
Below							
HIP							
THIGH (L)							
THIGH (R)							
TOTAL							

**COMMENTS:**

# TR90 Guarantee Guidelines

ageLOC TR90 is a breakthrough weight management and body shaping system, based on highly innovative gene expression science, that unifies your mind and body—for a leaner, younger looking you. We are so confident in ageLOC TR90 that if you don't see an improvement in your healthy weight management after 90 days we will refund your money.

STEP 1: Purchase the ageLOC TR90 90 day program package or three – 1 month packages (TrimShake or GreenShake options).

STEP 2: Take an initial full body picture before using ageLOC TR90 and make sure the date of the photo is verified (e.g., photo date stamp or holding a copy of a newspaper with the date visible).

STEP 3: Use the product as directed for 90 days.

STEP 4: Record your measurements, body fat percentage, and weight on the ageLOC TR90 website or app.

STEP 5: Track your progress daily on the ageLOC TR90 app or website.

STEP 6: After following the ageLOC TR90 program as directed for 90 days, take a final full body picture and make sure the date of the photo is verified (e.g., photo date stamp or holding a copy of a newspaper with the date visible).

## 1. Take before photo

- a. Clothes worn in photo should be revealing to some degree (form fitting clothes, shorts, tucked in shirt, etc)
- b. Photo should be taken with participant standing up straight and facing forward
- c. Date and timestamp should be included on photo (*use the DATE TIME STAMP app on iPad when taking all photos*)

## 2. Record video of participant taking starting measurements

**\*Video should be privately posted on the Le Nu Spa Youtube channel**

**\*To view an instructional video, go to [www.youtube.com/lenuspacary](http://www.youtube.com/lenuspacary), click on "playlists" then "TR90", watch the video entitled "TR90 Shape10 Challenge".**

- a. Run through the process of how they will take each of their measurements: upper arm, chest, waist, hips and thigh. Make sure they record in inches.
- b. You should zoom in on each measurement as the client goes through, they should speak each number aloud
- c. **[Start recording video]**
- d. **Start with the (left) upper arm measurement:** wrap tape measure around the largest part of the left arm (the bicep)
- e. **Next, the chest measurement:** wrap tape measure around largest part of chest

- f. **Waist measurement:** wrap tape measure around the most narrow part of your waist (for women, above belly button. Men's may be below belly button)
  - g. **Hip measurement:** Wrap tape measure around the widest part of the hips/buttocks, making sure to keep the tape measure parallel to the floor.
  - h. **Left thigh measurement:** Wrap tape measure around the largest part of the thigh, directly on skin.
- 3. **Add up all measurements to get a total number.** This is the number that will be used to track the clients progress
- 4. **Take after photo**
  - a. Follow the same format outlined in step 1. Positioning and clothing worn in initial photo should be similar to this one
- 5. **Record video of participant taking final measurements**
  - \*Video should be ***privately posted*** on the Le Nu Spa Youtube channel
  - a. Follow the same format outlined in step 2
  - b. When measuring the upper arm and thigh, make sure the client sticks to their LEFT side, or whichever side they did in their initial video