

# 10-DAY KETOPIA RESET PROGRAM

# KETOPIA

## BEFORE & AFTER CHECKLIST

Track and measure your progress with the Ketopia system by completing the following form, both before and after your 10-Day Ketopia Reset 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:

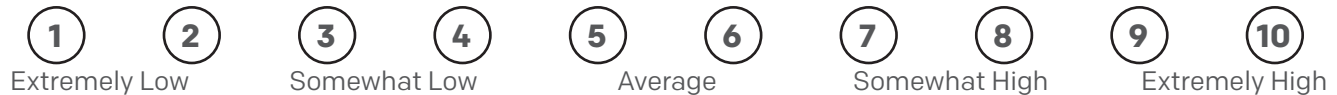
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MY CLOTHES CURRENTLY FIT:



WHAT IS MY TYPICAL ENERGY LEVEL?



HOW IS MY MENTAL CLARITY?



MY CURRENT WEIGHT IS: \_\_\_\_\_

MY CURRENT BODY FAT PERCENTAGE IS: \_\_\_\_\_

## MEASUREMENTS

Upper Arm: \_\_\_\_\_

Chest: \_\_\_\_\_

Waist: \_\_\_\_\_

Thigh: \_\_\_\_\_

ADDITIONAL COMMENTS/NOTES:

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## AFTER

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

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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:

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