

# Self Assessment

Date: .....

On a scale of 1-5 (1 being “not at all likely,” and 5 being “definitely”), what is the likelihood that you will make the following commitments daily for the next 52 days:

Complete each day's challenges and fill in answers to the questions:

1 2 3 4 5

Stay committed to my partner/this program for 52 days.

1 2 3 4 5

Exercise for 52 minutes, 5 days a week (about half of which is intense):

1 2 3 4 5

*I am not beautiful like you,  
I'm beautiful like me.*

*Anonymous*

## Before Reaching Your Best Body

Name:

Date:

Accountability Partner:

Weight:

Height:

Waist circumference measurement: .....inches  
*Measure around the smallest part of the waist while standing relaxed.*

Measurement in one other location where you tend to put on weight/fat (where exactly: .....and inches:.....)

Maximum number of seconds you can hold a plank with good form (assessed by someone else): .....