Easy Ways to Track Your Progress on the REV!™ Program Without Stepping on the Scale

**Take a Before Picture:**
Stand in front of the mirror in your bathing suit or undergarment, or whatever shows your body that you feel most comfortable in. This is for you so hide it away if you want, but this is just a reminder of where you are starting off. Take a picture every two weeks in the same outfit of choice. Changes will be very apparent this way.

**Have a Date with Your Closet:**
Pick an outfit that is a bit too snug and try it on once or twice a month. You'll see remarkable changes this way as well.

**Your Jewelry:**
It's not fitting, everything is looser.

**Take Measurements:**
Talk with your weight loss coach for a measurement guide.

**Be Patient!**
It took more than a week to gain it...it will take more than a week to lose it! Build consistent routines and you'll see results!