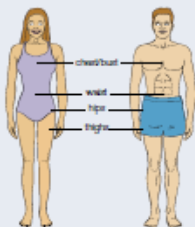


## Your Personal Vision of Success

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As you begin your personalized ShapeWorks® Program, look ahead to your goals and write them down. When you compare the "Starting You" to the "New You," you'll be amazed at the ShapeWorks difference!



### Measurements:

#### Starting You

Chest/Bust \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Thighs \_\_\_\_\_

### Shoes:

Pants \_\_\_\_\_

Shirt/Blouse \_\_\_\_\_

Dress \_\_\_\_\_

Shoe \_\_\_\_\_

Men's Inseam/trouser length: \_\_\_\_\_

Current Weight: \_\_\_\_\_

Target Weight: \_\_\_\_\_

Dress-size Goal (Woman): \_\_\_\_\_

Waist-size Goal (Man): \_\_\_\_\_

Date: \_\_\_\_\_

#### New You

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My reasons for wanting to lose weight:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_