

Shaklee 180 Lifestyle Tracker

Take your shape in a whole new direction™.



Name: _____ Start Date: _____

Your 180 Specialist _____ Tel: _____

Notes: *The scale is an occasional measurement of progress.*

The tape is a visual measurement of health and success, by reducing your fat and increasing your lean

The tape is a visual measurement of health and success, by reducing your fat and increasing your lean muscle. You are lowering your bmi (Body mass Index) and increasing your metabolism through lean muscle.

We recommend measuring and weighting twice a month.