

WEIGHT LOSS

TRACKER & JOURNAL

Are You Still Not Using LEAN? Here's What You're Missing!

LEAN - Body Composition Improvement Formula

- ✓ Support Weight Management
- ✓ Boost Metabolism
- ✓ Decrease Body Fat



[▶ LEARN MORE](#) [🛒 ORDER NOW](#)

LEAN unique formula addresses the four essential processes for effective weight management:

- 1. Metabolism Boosting:** Supercharge your calorie burning with potent ingredients like Vitamin B12, Green Tea Extract, and L-carnitine. These components work together to accelerate your metabolism, helping you to burn fat more efficiently and continuously.
- 2. Appetite Suppression:** Conquer your cravings with a powerful blend of natural suppressants. Ingredients like Glucomannan and Caralluma Fimbriata expand in your stomach and reduce appetite, while Kidney Bean Extract and New Zealand Hops extract work to decrease abdominal fat and curb cravings.
- 3. Fat Burning:** Go beyond mere weight loss with ingredients that help burn stubborn fat and preserve lean muscle. Chromium and Berberine HCl are clinically proven to enhance fat loss and improve your body composition.
- 4. Immune System Support:** With the addition of Conjugated Linoleic Acid (CLA), LEAN not only helps you lose weight but also boosts your immune function, ensuring you stay healthy while on your weight loss journey.

BUY NOW

WEIGHT LOSS

TRACKER & JOURNAL

Lose Weight Like Never Before with This One
Weird Trick – LEAN!

LEAN - Body Composition
Improvement Formula



LIVEGOOD MEMBER PRICE
\$19.95

Calocurb Amarasate



COMPETITOR PRICE:
\$69.99
You Save 71%!

Tranont Transform



COMPETITOR PRICE:
\$59.00
You Save 66%!

Welcome to your transformative journey with LEAN!

As you embark on this path to a healthier, slimmer you, tracking your progress can significantly enhance your experience and results. We highly recommend using a weight loss tracker and journal alongside your LEAN regimen.

This powerful tool will help you monitor your daily intake, exercise, and the physical changes you undergo, providing you with invaluable insights into your personal health patterns.

By documenting your journey, you can identify what works best for you, celebrate your successes, and stay motivated through any challenges. Each entry becomes a stepping stone towards your ultimate goal.

Ready to see actual results?

Start tracking today and watch how each small victory brings you closer to your big goal. Happy tracking, and here's to achieving the body and health you deserve with LEAN!

BUY NOW

livegoodforlife.com

THIS IS ME

About me

Name:

.....

Start:

.....

Height:

.....

Goal:

.....

Weight:

.....

Date:

.....



My motivations

Reason 1:

.....

Reason 2:

.....

Reason 3:

.....

My habits

New healthy habits:



.....



.....



.....

Bad habits to reduce:



.....



.....



.....

My Rewards

Rewards for meeting my goals:

Why I deserve this: ✓

1



.....

2



.....

3



.....

BEFORE AND AFTER

Before

Before

Date:
Weight:
Bust:
Waist:
Arms:
Hips:
Thighs:

After

After

Date:
Weight:
Bust:
Waist:
Arms:
Hips:
Thighs:

Notes

BODY MEASUREMENT

Before

After

Date:

Date:

Weight:

Weight:

Right arm

..... Right arm

Left arm

..... Left arm

Chest

..... Chest

Waist

..... Waist

Hips

..... Hips

Right thigh

..... Right thigh

Left thigh

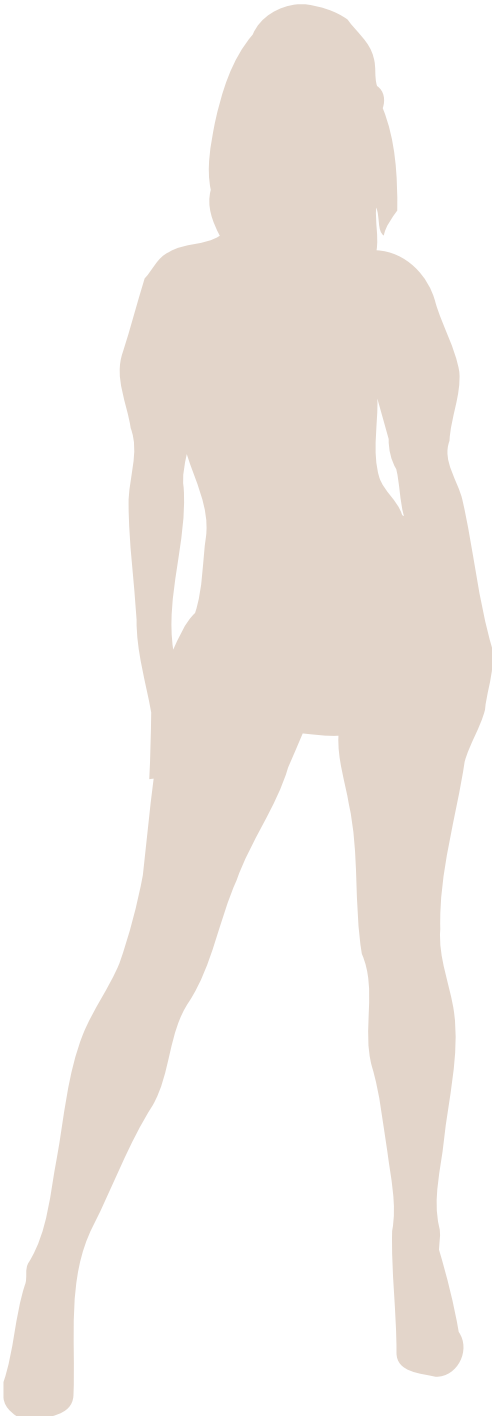
..... Left thigh

Right Calf

..... Right Calf

Left calf

..... Left calf



BODY MEASUREMENT

Before

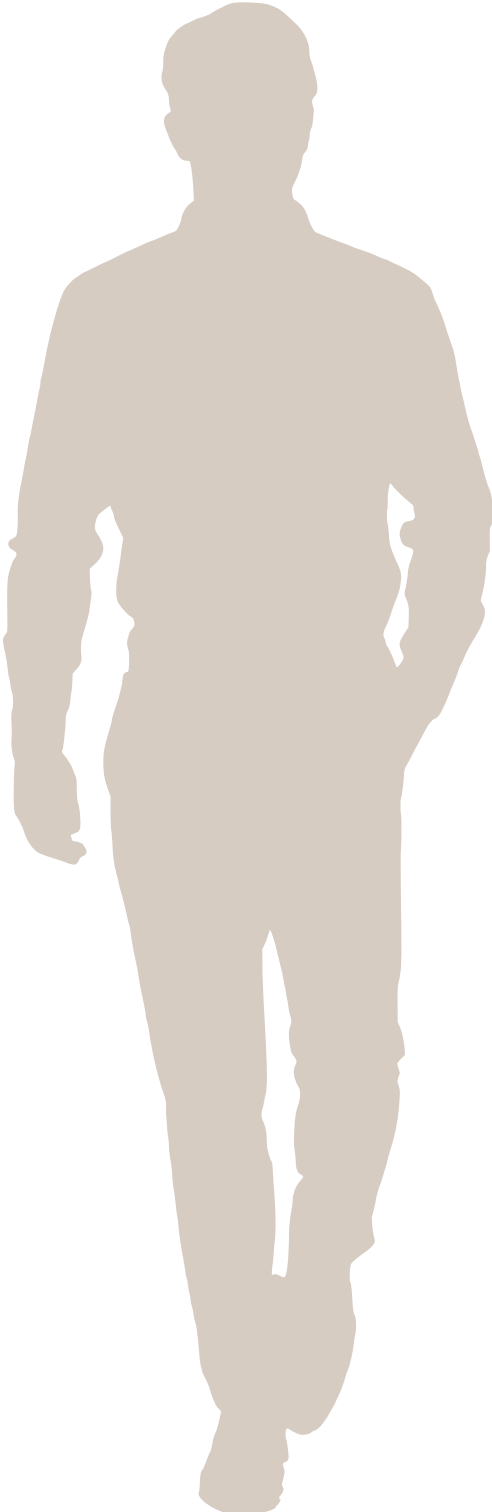
After

Date:

Date:

Weight:

Weight:



Right arm

..... Right arm

Left arm

..... Left arm

Chest

..... Chest

waist

..... waist

Hips

..... Hips

Right thigh

..... Right thigh

Left thigh

..... Left thigh

Right Calf

..... Right Calf

Left calf

..... Left calf

MONTHLY MEASUREMENTS

Month 1

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 2

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 3

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 4

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 5

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 6

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

MONTHLY MEASUREMENTS

Month 7

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 8

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 9

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 10

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 11

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 12

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

MY MEASUREMENTS

	Waist	Hips	Thigh	Bust	Arms
Start					
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					

GOALS

Why I want this

Short term goals



Long term goals



Milestone

Reward

GOALS AND REFLECTIONS

My Goal

Action steps

.....

.....

.....

My why

YES

Did I reach my goal?

NO

What went well?

Do more of...

Do less of...

What went well?	Do more of...	Do less of...

How do I feel?

- Diet
- Discipline
- Wellness
- Motivation
- Energy

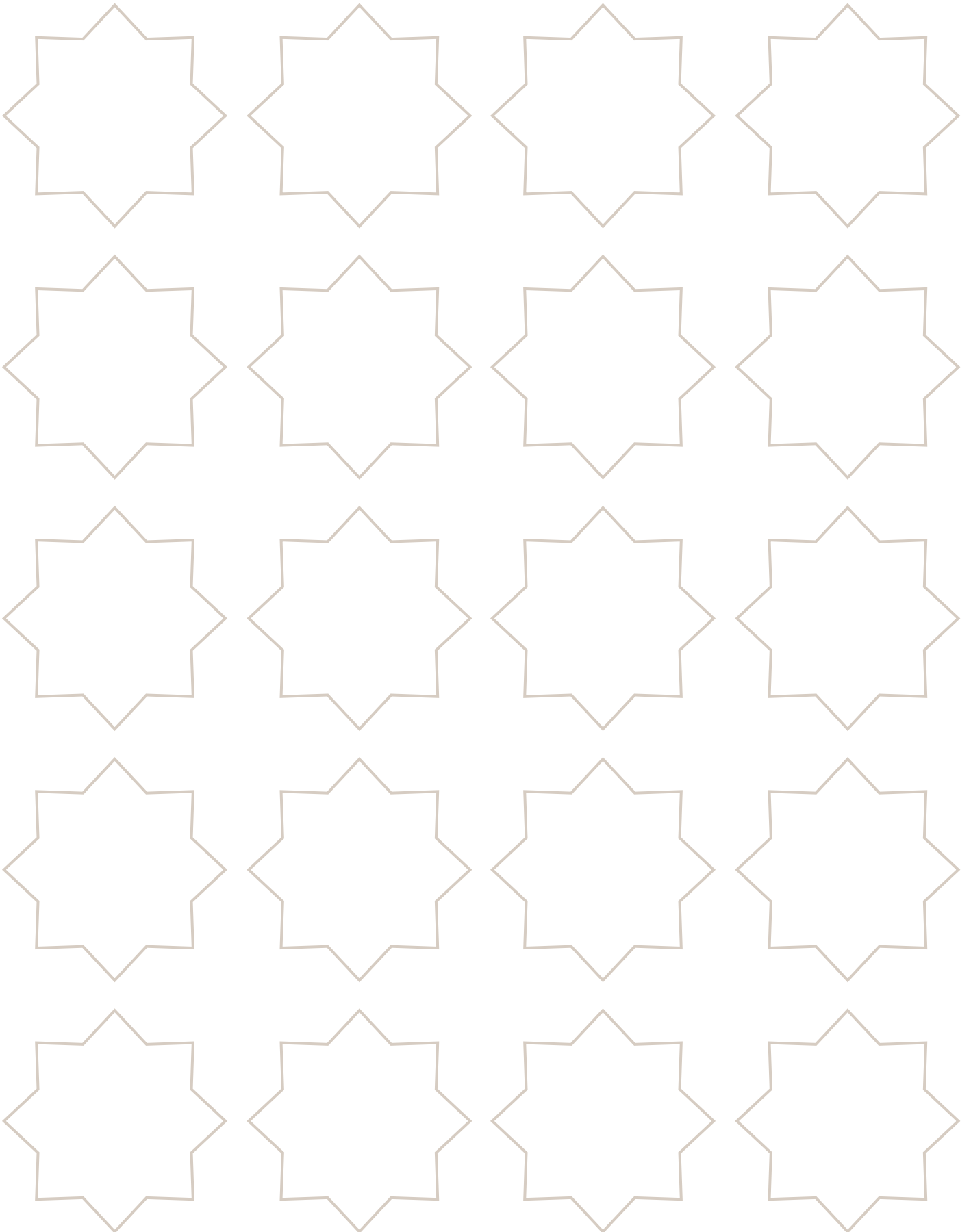
Going forward I will...

MILESTONES

Celebrate your wins!

	Milestone	Date	Reward
★			
★			
★			
★			
★			
★			
★			
★			
★			
★			
★			
★			
★			
★			
★			
★			

MILESTONES



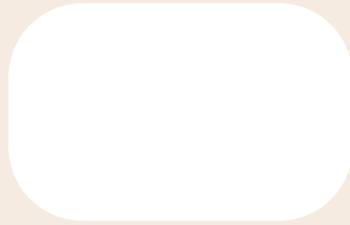
MONTHLY WEIGH-IN

Month 1



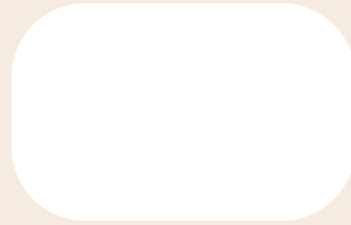
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Month 2



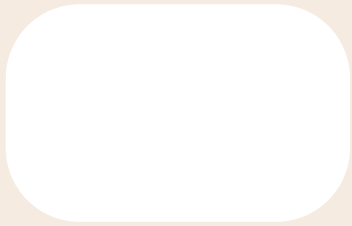
Date:

Month 3



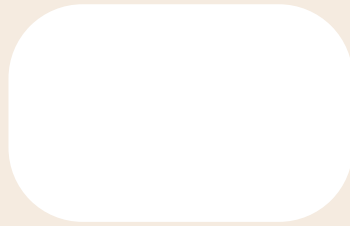
Date:

Month 4



Date:

Month 5



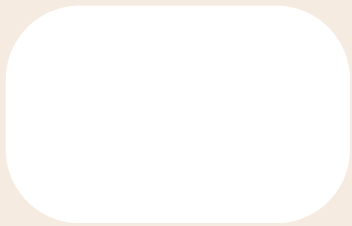
Date:

Month 6



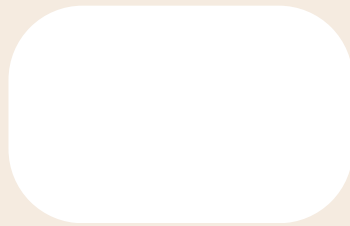
Date:

Month 7



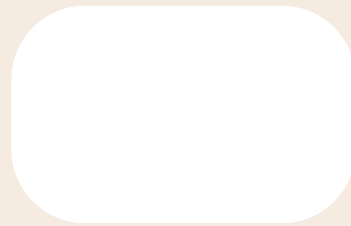
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Month 8



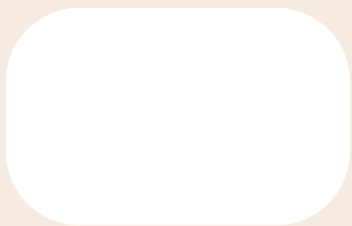
Date:

Month 9



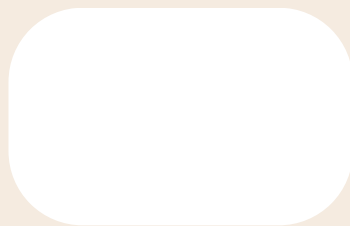
Date:

Month 10



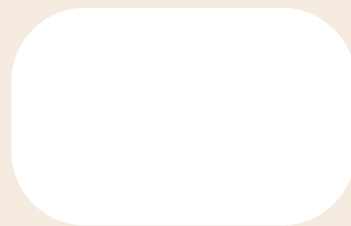
Date:

Month 11



Date:

Month 12



Date:

PROGRESS PHOTOS

1

Date:
Weight:

2

Date:
Weight:

3

Date:
Weight:

4

Date:
Weight:

5

Date:
Weight:

6

Date:
Weight:

7

Date:
Weight:

8

Date:
Weight:

9

Date:
Weight:

10

Date:
Weight:

11

Date:
Weight:

12

Date:
Weight:

MONTHLY CHECK-IN

JAN

FEB

MARCH

APRIL

MAY

JUNE

JULY

AUG

SEPT

OCT

NOV

DEC

WEEKLY CHECK-IN

START DATE:

CURRENT WEIGHT:

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

WEEK 5:

WEEK 6:

WEEK 7:

WEEK 8:

WEEK 9:

WEEK 10:

WEEK 11:

WEEK 12:

WEEK 13:

WEEK 14:

WEEK 15:

WEEK 16:

WEEK 17:

WEEK 18:

WEEK 19:

WEEK 20:

WEEK 21:

WEEK 22:

WEEK 23:

WEEK 24:

WEEK 25:

WEEK 26:

END WEIGHT:

WEEKLY CHECK-IN

START DATE:

CURRENT WEIGHT:

WEEK 27:

WEEK 28:

WEEK 29:

WEEK 30:

WEEK 31:

WEEK 32:

WEEK 33:

WEEK 34:

WEEK 35:

WEEK 36:

WEEK 37:

WEEK 38:

WEEK 39:

WEEK 40:

WEEK 41:

WEEK 42:

WEEK 43:

WEEK 44:

WEEK 45:

WEEK 46:

WEEK 47:

WEEK 48:

WEEK 49:

WEEK 50:

WEEK 51:

WEEK 52:

END WEIGHT:

POUNDS / KG LOST

START DATE:

CURRENT WEIGHT:

TARGET:

1

2

3

4

5

6

7

8

9

10

- CONGRATULATIONS

POUNDS / KG LOST

START DATE:

CURRENT WEIGHT:

TARGET:

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

POUNDS / KG LOST

START DATE:

CURRENT WEIGHT:

TARGET:

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

POUNDS / KG LOST

START DATE:

CURRENT WEIGHT:

TARGET:

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50

30-DAY CHALLENGE

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

30-DAY CHALLENGE

DAY 1 Weight: <input type="text"/>	DAY 2 Weight: <input type="text"/>	DAY 3 Weight: <input type="text"/>	DAY 4 Weight: <input type="text"/>	DAY 5 Weight: <input type="text"/>
DAY 6 Weight: <input type="text"/>	DAY 7 Weight: <input type="text"/>	DAY 8 Weight: <input type="text"/>	DAY 9 Weight: <input type="text"/>	DAY 10 Weight: <input type="text"/>
DAY 11 Weight: <input type="text"/>	DAY 12 Weight: <input type="text"/>	DAY 13 Weight: <input type="text"/>	DAY 14 Weight: <input type="text"/>	DAY 15 Weight: <input type="text"/>
DAY 16 Weight: <input type="text"/>	DAY 17 Weight: <input type="text"/>	DAY 18 Weight: <input type="text"/>	DAY 19 Weight: <input type="text"/>	DAY 20 Weight: <input type="text"/>
DAY 21 Weight: <input type="text"/>	DAY 22 Weight: <input type="text"/>	DAY 23 Weight: <input type="text"/>	DAY 24 Weight: <input type="text"/>	DAY 25 Weight: <input type="text"/>
DAY 26 Weight: <input type="text"/>	DAY 27 Weight: <input type="text"/>	DAY 28 Weight: <input type="text"/>	DAY 29 Weight: <input type="text"/>	DAY 30 Weight: <input type="text"/>



52 WEEK CHALLENGE

WEEK 1 Weight:	WEEK 2 Weight:	WEEK 3 Weight:	WEEK 4 Weight:	WEEK 5 Weight:	WEEK 6 Weight:
WEEK 7 Weight:	WEEK 8 Weight:	WEEK 9 Weight:	WEEK 10 Weight:	WEEK 11 Weight:	WEEK 12 Weight:
WEEK 13 Weight:	WEEK 14 Weight:	WEEK 15 Weight:	WEEK 16 Weight:	WEEK 17 Weight:	WEEK 18 Weight:
WEEK 19 Weight:	WEEK 20 Weight:	WEEK 21 Weight:	WEEK 22 Weight:	WEEK 23 Weight:	WEEK 24 Weight:
WEEK 25 Weight:	WEEK 26 Weight:	WEEK 27 Weight:	WEEK 28 Weight:	WEEK 29 Weight:	WEEK 30 Weight:
WEEK 31 Weight:	WEEK 32 Weight:	WEEK 33 Weight:	WEEK 34 Weight:	WEEK 35 Weight:	WEEK 36 Weight:
WEEK 37 Weight:	WEEK 38 Weight:	WEEK 39 Weight:	WEEK 40 Weight:	WEEK 41 Weight:	WEEK 42 Weight:
WEEK 43 Weight:	WEEK 44 Weight:	WEEK 45 Weight:	WEEK 46 Weight:	WEEK 47 Weight:	WEEK 48 Weight:
WEEK 49 Weight:	WEEK 50 Weight:	WEEK 51 Weight:	WEEK 52 Weight: 		

12-WEEK CHALLENGE

WEEK 1

Goal:

Actual:

WEEK 2

Goal:

Actual:

WEEK 3

Goal:

Actual:

WEEK 4

Goal:

Actual:

WEEK 5

Goal:

Actual:

WEEK 6

Goal:

Actual:

WEEK 7

Goal:

Actual:

WEEK 8

Goal:

Actual:

WEEK 9

Goal:

Actual:

WEEK 10

Goal:

Actual:

WEEK 11

Goal:

Actual:

WEEK 12

Goal:

Actual:

WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

FOOD DIARY

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEKLY SHOPPING LIST

LIVEGOOD LEAN

The Four Pillars of LEAN: A Complete Formula

1. Boosting Metabolism

A sluggish metabolism contributes significantly to weight gain. LEAN combats this with high-quality ingredients like Vitamin B12, Green Tea Extract, L-carnitine, a full suite of Digestive Enzymes, and Cha De Bugre, all selected for their efficacy in speeding up the body's metabolic rate. By enhancing your metabolism, LEAN ensures that calories are burned more efficiently, preventing them from being stored as fat.

2. Suppressing Appetite

To effectively manage weight, controlling calorie intake is crucial. LEAN's sophisticated blend includes powerful suppressants like Glucomannan, which expands in the stomach to help you feel full, alongside Caralluma Fimbriata and Kidney Bean Extract. These ingredients work together to reduce cravings and help manage dietary habits without the discomfort of hunger.

3. Burning Fat

Unlike typical weight management products focusing only on calorie intake, LEAN targets and reduces stubborn fat while preserving lean muscle mass. It includes potent elements like Chromium and Berberine HCl, known for their roles in fat oxidation and maintaining muscle integrity during weight loss.

4. Supporting Immune Health

LEAN also considers the broader spectrum of health, especially immune function, which is often overlooked in traditional weight loss programs. With ingredients like Conjugated Linoleic Acid (CLA), LEAN not only aids in reducing fat but also strengthens the body's natural defenses, ensuring that your health remains a top priority during your weight loss journey.

[Get LEAN Today!](#) 