

POWERHOOP "SIX-WEEK CHALLENGE" PROGRESS CHART

Week 1: Baseline

Start date: Week 1	WAIST(cm): See instructions below	HIPS (cm): See instructions below	W/H ratio (waist divided by hip)*
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Week 1: Hoop daily, increasing gradually from 2 up to 10 min/day so your muscles can adapt to the impact of the hoop.

End Date - Week 1	WAIST(cm)	HIPS (cm)	W/H ratio (waist divided by hip)*
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Week 2: Hoop for a total of 10 minutes per day, at least 5 days per week. Remember to hoop for equal time in both directions!

Monday minutes	Tuesday minutes	Wednesday minutes	Thursday minutes
Friday minutes	Saturday minutes	Sunday minutes	Total minutes Week 2
End Date - Week 2	WAIST(cm)	HIPS (cm)	W/H ratio (waist divided by hip)*

Week 3: Hoop for a total of 10 minutes per day, at least 5 days per week. Remember to hoop for equal time in both directions!

Monday minutes	Tuesday minutes	Wednesday minutes	Thursday minutes
Friday minutes	Saturday minutes	Sunday minutes	Total minutes Week 3
End Date - Week 3	WAIST(cm)	HIPS (cm)	W/H ratio (waist divided by hip)*

Week 4: Hoop for a total of 10 minutes per day, at least 5 days per week. Remember to hoop for equal time in both directions!

Monday minutes	Tuesday minutes	Wednesday minutes	Thursday minutes
Friday minutes	Saturday minutes	Sunday minutes	Total minutes Week 4
End Date - Week 4	WAIST(cm)	HIPS (cm)	W/H ratio (waist divided by hip)*

Week 5: Hoop for a total of 10 minutes per day, at least 5 days per week. Remember to hoop for equal time in both directions!

Monday minutes	Tuesday minutes	Wednesday minutes	Thursday minutes
Friday minutes	Saturday minutes	Sunday minutes	Total minutes Week 5
End Date - Week 5	WAIST(cm)	HIPS (cm)	W/H ratio (waist divided by hip)*

Week 6: Hoop for a total of 10 minutes per day, at least 5 days per week. Remember to hoop for equal time in both directions!

Monday minutes	Tuesday minutes	Wednesday minutes	Thursday minutes
Friday minutes	Saturday minutes	Sunday minutes	Total minutes Week 6
End Date - Week 6	WAIST(cm)	HIPS (cm)	W/H ratio (waist divided by hip)*

MEASURING YOUR WAIST: Wrap the measuring tape around your natural waist - approximately 2-3 cm above the navel.
 MEASURING HIPS: Keeping it level all around, wrap the tape over your buttocks at the widest part of the hips.

*The WHR has been used as an indicator of the risk of developing serious health conditions. Research shows that people with "apple-shaped" bodies (with more weight around the waist) face more health risks than those with "pear-shaped" bodies who carry more weight around the hips. A WHR of 0.7 for women and 0.9 for men has been shown to correlate strongly with general health and fertility.

Show off your results! Scan and email your completed chart to post@powerhoop.com