

*Fearlesslyfitfemale*  
Track your Fatloss



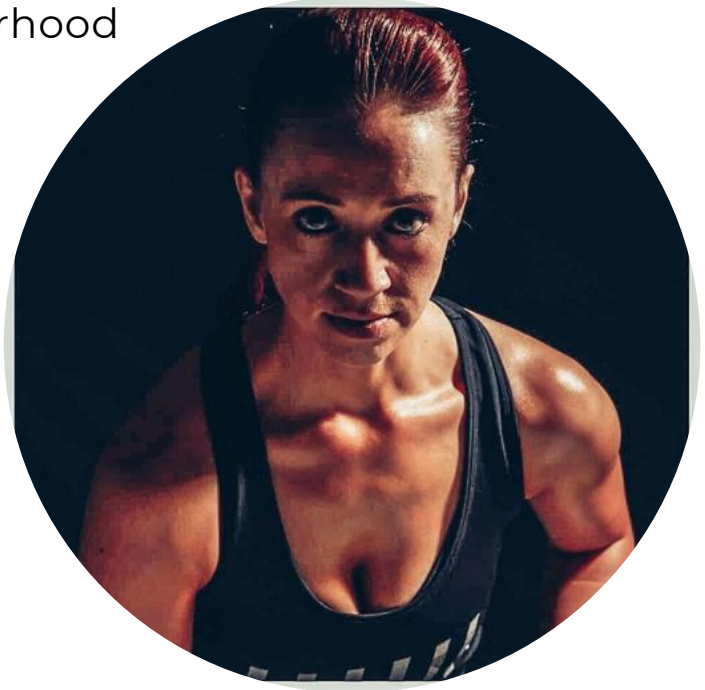
Let me help you plan your journey

# About *me*

My name is Bernice, and I'm the creator behind a fitness and lifestyle platform focused on helping women—especially moms—balance health, faith, and everyday life in a realistic and sustainable way. I am not a personal trainer, I am a woman who knows how difficult it is to balance work, motherhood and trying to stay fit.

## **My content centers around:**

- Realistic fitness for busy moms
- Simple, healthy nutrition
- Faith-based motivation and discipline
- Building consistency in everyday life



## **Fitness. Focus. Fearlessly before 40.**

I've been the **face of VivaGym SA**, won the **@MoniqueFit 10-week challenge**, and competed in **bikini fitness and CrossFit**.

I'm also the author of **Meisie tot Mens an Afrikaans e-book series with Afriforum**.

Now, approaching 40, I'm on a mission to achieve my **strongest, healthiest, best-ever self**—and share every step with you!

I am also currently sponsored by **Moove Motion Fitness**.

# Guide to the *Tracker*

Hi Fearless Lady 🍌✨

This guide will help you understand how to track your fatloss!

Start by writing down your goals—big or small—and take your measurements so you have a clear starting point.

You'll also find templates to help you track your weight loss journey.

Remember—weight loss can fluctuate due to many factors like water retention or even the amount of food in your stomach.

Your true goal is fat loss, and the only way to achieve that is through consistency.

Focus on the bigger picture: how your clothes are fitting, how your body feels, and whether you have more energy.

That's where the real progress shows ❤️

*Bernice*

# My big *Goal*

DEADLINE:	ACHIEVED: <input type="checkbox"/>

BREAK DOWN YOUR BIG GOAL INTO 3 MINI GOALS

MINI GOAL 1:

MINI GOAL 1:

MINI GOAL 1:

ACTION STEPS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

ACTION STEPS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

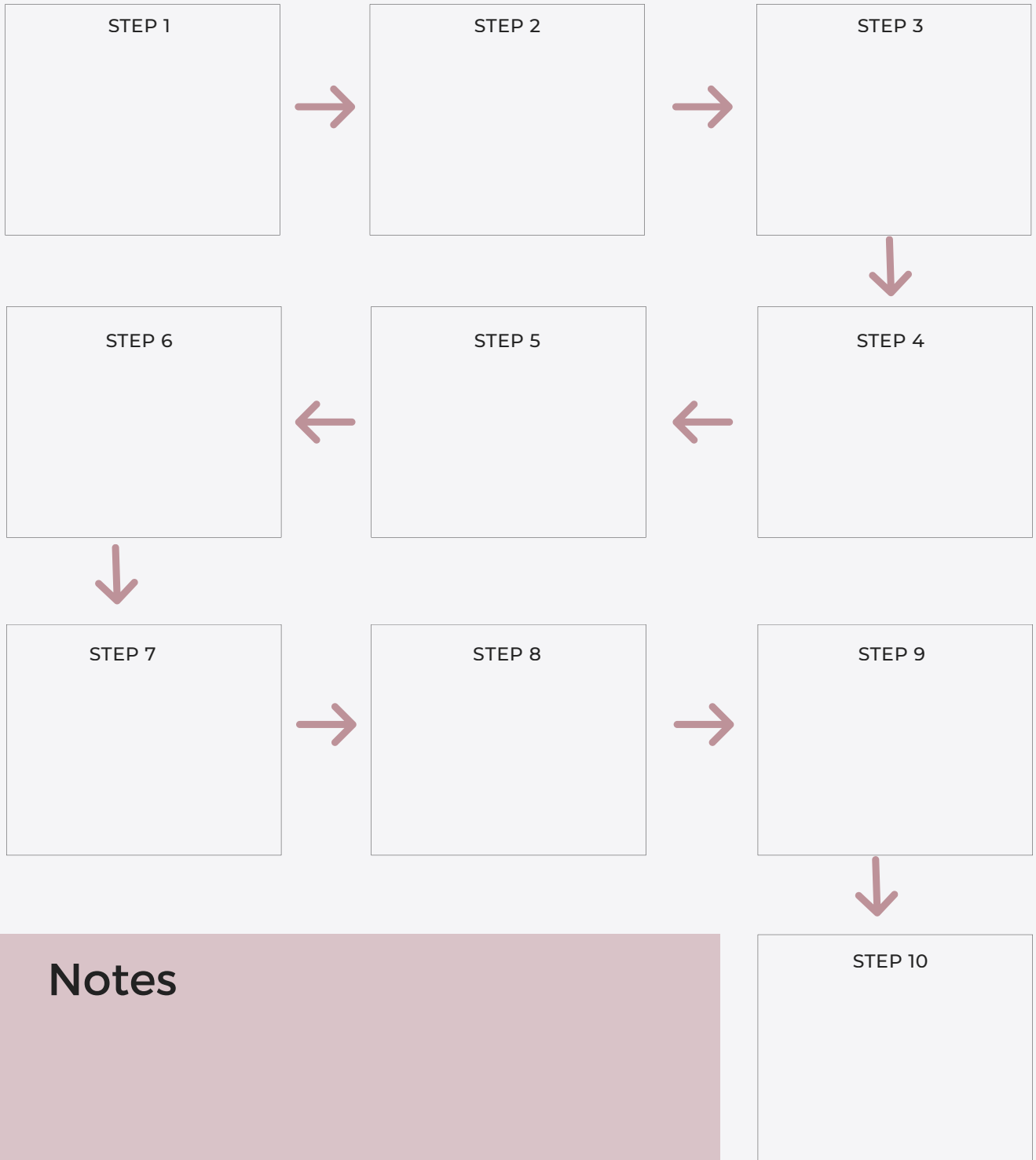
ACTION STEPS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Goal *breakdown*

Goal

Deadline



# Measurement *Tracker*

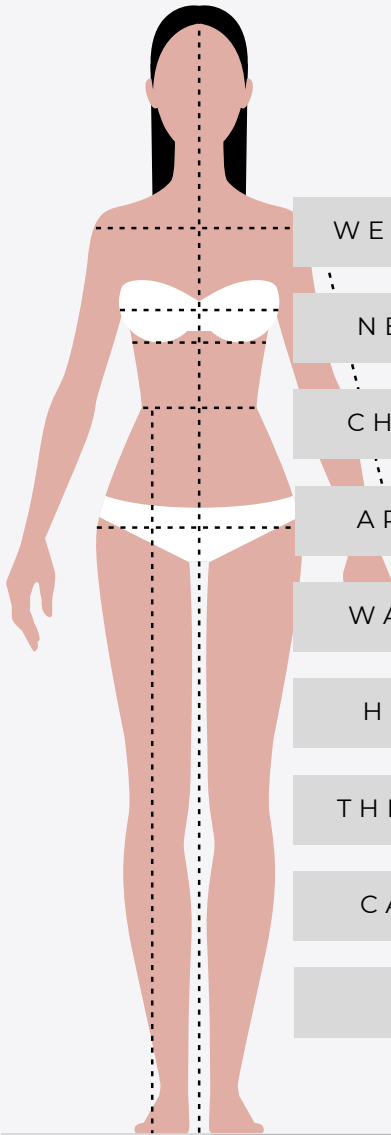
	Weight	Neck	Chest	Waist	Hips	Thighs	Bust	Biceps
January	_____	_____	_____	_____	_____	_____	_____	_____
February	_____	_____	_____	_____	_____	_____	_____	_____
March	_____	_____	_____	_____	_____	_____	_____	_____
April	_____	_____	_____	_____	_____	_____	_____	_____
May	_____	_____	_____	_____	_____	_____	_____	_____
June	_____	_____	_____	_____	_____	_____	_____	_____
July	_____	_____	_____	_____	_____	_____	_____	_____
August	_____	_____	_____	_____	_____	_____	_____	_____
September	_____	_____	_____	_____	_____	_____	_____	_____
October	_____	_____	_____	_____	_____	_____	_____	_____
November	_____	_____	_____	_____	_____	_____	_____	_____
December	_____	_____	_____	_____	_____	_____	_____	_____

Notes

# Measurement Tracker

DATE: \_\_\_\_\_

GOAL



## PROGRESS

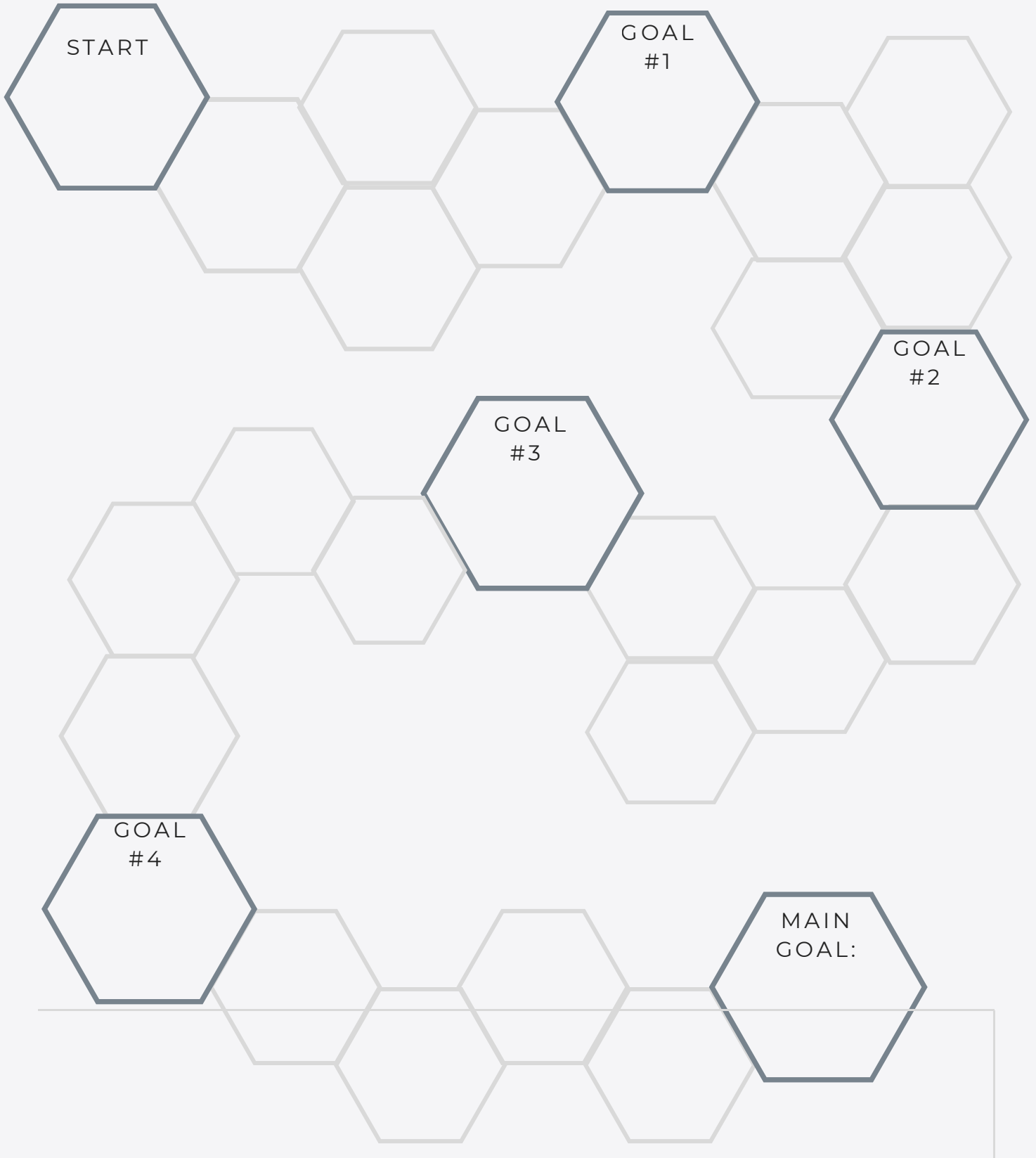
	Week 01	Week 02	Week 03	Week 04	Week 05	Week 06	Week 07	Week 08
WEIGHT								
NECK								
CHEST								
ARMS								
WAIST								
HIPS								
THIGHS								
CALF								

NOTES

# Fat loss

# Tracker

MONTH \_\_\_\_\_



# Fat loss

# Tracker

TOP  
GOAL \_\_\_\_\_

BEFORE  
DATE \_\_\_\_\_

AFTER  
DATE \_\_\_\_\_

## MEASUREMENTS

CHEST	<input type="text"/>
WAIST	<input type="text"/>
HIP	<input type="text"/>
ARMS	<input type="text"/>
THIGHS	<input type="text"/>

CHEST	<input type="text"/>
WAIST	<input type="text"/>
HIP	<input type="text"/>
ARMS	<input type="text"/>
THIGHS	<input type="text"/>

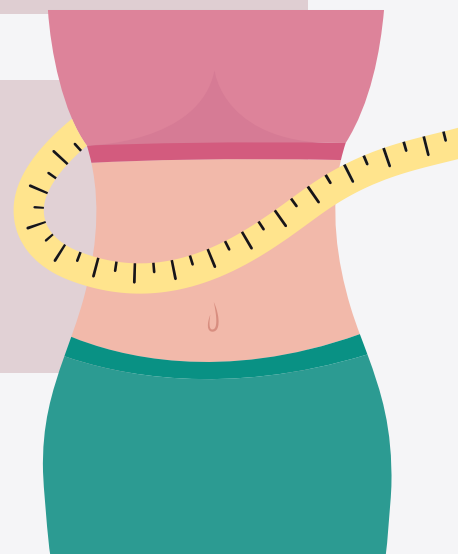
## NUMBERS

WEIGHT
BMI
BODY FAT
MUSCLE

WEIGHT
BMI
BODY FAT
MUSCLE

MOTIVATION
------------

NEXT STEPS
------------



# Healthy habit *tracker*

MONTH \_\_\_\_\_

HABIT:						
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				

HABIT:						
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				

HABIT:						
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				

HABIT:						
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				

HABIT:						
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

HABIT:						
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

# Notes

# Thank you for *downloading*

Hi Fearless Lady! 💪🌟

Thank you so much for downloading this guide—I truly appreciate your support!

I hope it's been helpful and that this is just the beginning of an incredible fitness and health journey for you ♥

I'd love to hear your thoughts, so please feel free to DM me with your feedback!

Looking forward to hearing from you 💬

*Bernice*

## Let's get in *Touch*

