

TRIMION AFRICA™

Transformation Tracking™

Weekly measurement and progress review system.

Weekly Tracking

- Body weight average.
- Waist measurement.
- Front, side and back progress photos.
- Training performance.
- Step count and sleep quality.

Review Questions

- Did I follow the meal structure?
- Did I train with intention?
- Did I protect my sleep?
- Did I control social media and dopamine?
- What must improve next week?

Progress Rules

- Review trends, not single days.
- Do not panic after sodium, stress or poor sleep.
- Take photos in the same lighting.
- Adjust slowly and professionally.

Brand	TRIMION AFRICA™
Framework	Premium Final Form Systems™
Document	Transformation Tracking™
WhatsApp	061 118 5978

Fine Print: This document is for general wellness, lifestyle, discipline and educational purposes only. It is not medical advice, diagnosis, treatment, or a substitute for qualified medical, nutritional, psychological or fitness guidance. Results vary based on consistency, health status, nutrition, sleep, training, recovery and individual response. Use professional guidance where required and avoid any exercise, fasting routine or supplement approach that is unsuitable for your health profile.