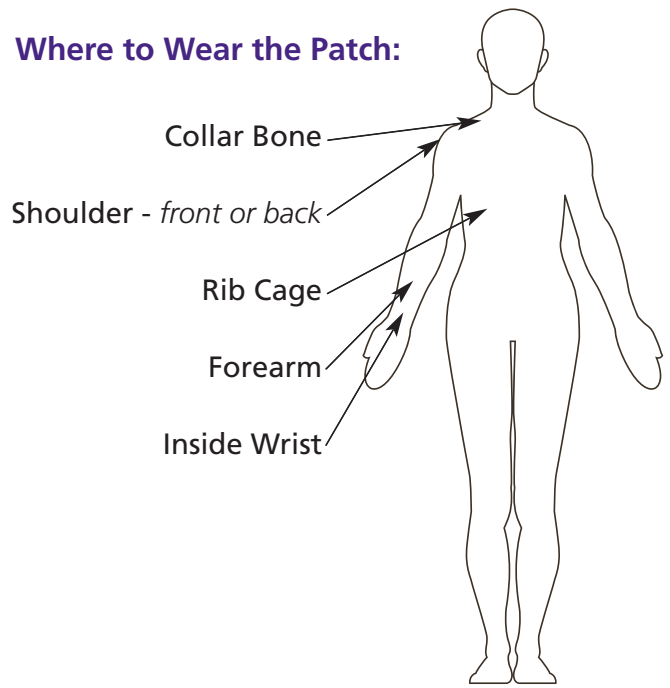


## Jen Fe Patch Placement & 12-week Progress Chart

### Where to Wear the Patch:



Place patch in a clean, lean, dry area every 24 hours and wear the patch continuously for 24 hours. Wear each patch for 24 hours – it is okay to wear the patch when showering, bathing or swimming. Let the area breathe for 3 days before applying new patch in the same area; place patches in alternate locations as indicated during this time.

Be sure to follow each of the steps in the *16 Keys to a Healthy and Fit Lifestyle* brochure included in each package of Jen Fe patches.

Consume ½ your weight in ounces of water every day! Drink throughout the day, don't just sip!

Oily Skin? Wipe with alcohol before applying. Sensitive Skin? Try different locations until one works. Use baby oil, eye makeup remover or alcohol wipes for removal of adhesive marks left behind.

When used in combination with the *16 Keys to a Healthy and Fit Lifestyle*, many Jen Fe patch users have reported improvements in their appearance through the combined effects of good nutrition, exercise, supported by regular product usage. To keep track of how your appearance is changing with this healthy lifestyle system, be sure to fill in the chart below at the time intervals specified.

**You must take your measurements at the start of the program to see your bi-weekly progress!**

Start Date: /	Measurements						
Progress Measure Points	Start Day	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12
Neck							
Upper Arm - Left							
Upper Arm - Right							
Upper Chest - at armpit							
Breast - chest							
Rib cage							
Waist							
Abdomen (6" below waist)							
Buttocks (largest part)							
Upper Thigh - Left							
Upper Thigh - Right							
Mid-Thigh - Left							
Mid-Thigh - Right							
Above knee - Left							
Above knee - Right							
Calf - Left							
Calf - Right							
Weight							
Total Inches							
Weight Lost to Date							
Inches Lost to Date							

