

TRIMION AFRICA™

Transformation Tracking™

Progress Measurement Framework™

- Track waist measurements and weekly body weight trends.
- Use weekly progress photos.
- Record workouts and daily habits.
- Review progress every 7 days.
- Adjust slowly and consistently.

CATEGORY	DETAIL
Framework	Transformation Tracking™
Brand	TRIMION AFRICA™
Positioning	Premium Lifestyle & Discipline System™
WhatsApp	061 118 5978

Fine Print: This framework is intended for general wellness, discipline, lifestyle and educational purposes only. It does not replace professional medical, nutritional, psychological or fitness guidance. Results vary based on consistency, health status, nutrition, sleep, recovery and individual response. Always seek qualified professional advice where appropriate.