

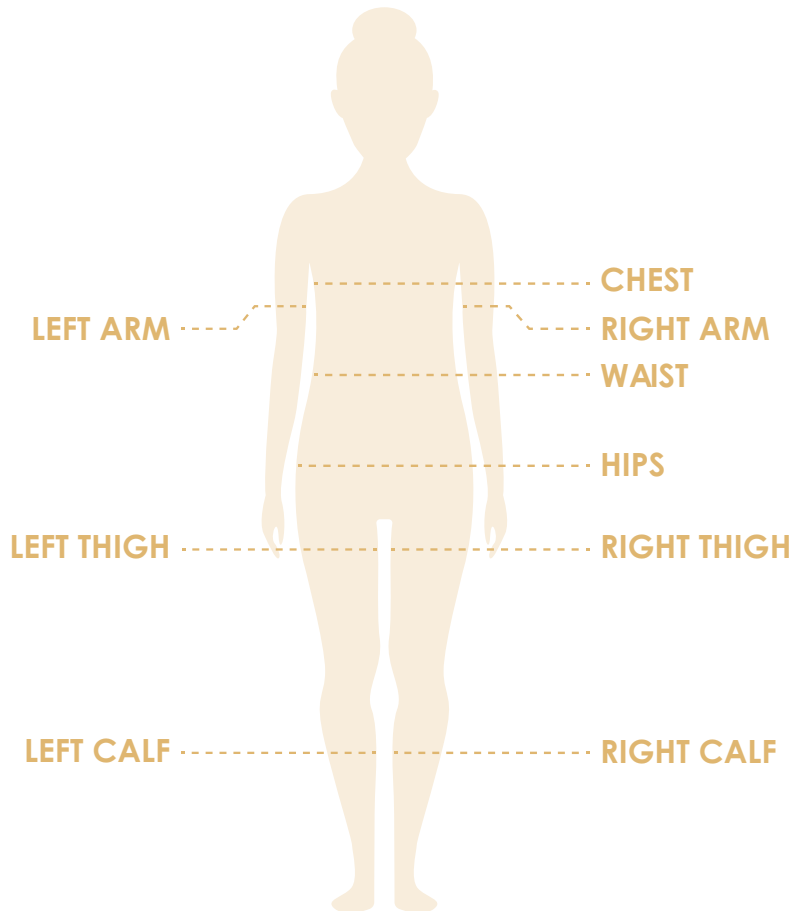
BODY MEASUREMENTS

STARTING MEASUREMENTS

Chest: Left Arm: Right Arm: Waist: Hips: Left Thigh: Right Thigh: Left Calf: Right Calf:

GOAL MEASUREMENTS

Chest: Left Arm: Right Arm: Waist: Hips: Left Thigh: Right Thigh: Left Calf: Right Calf:



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DATE				
CHEST				
LEFT ARM				
RIGHT ARM				
WAIST				
HIPS				
LEFT THIGH				
RIGHT THIGH				
LEFT CALF				
RIGHT CALF				