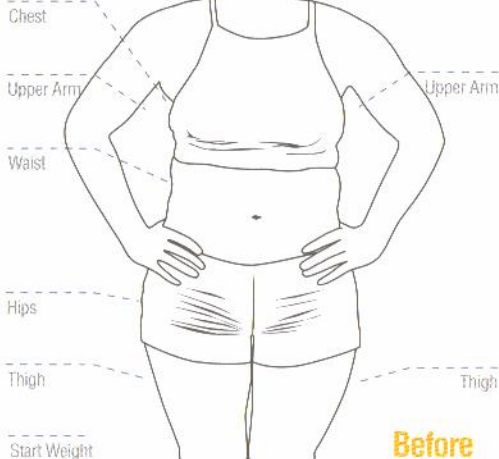


measurement tracker

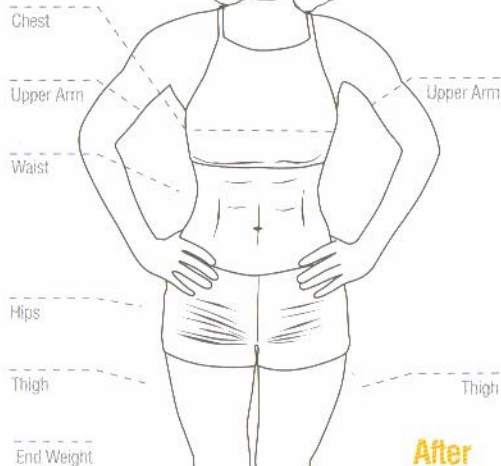


Day ____



Before

Day ____



After

Record the difference between your start date and end date:

Chest

Right Arm*

Left Arm*

Waist

Hips

Right Thigh**

Left Thigh**

Weight

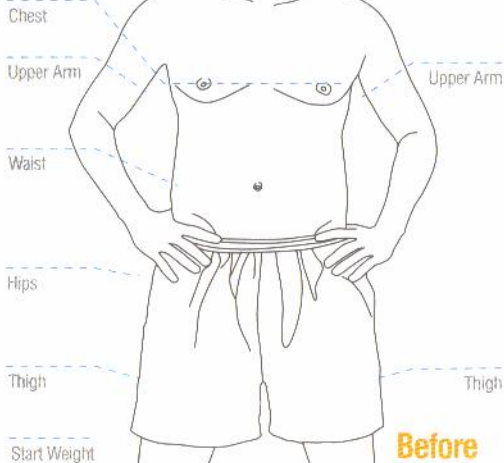
*Flexed, measured at peak of bicep

**Measured at widest point

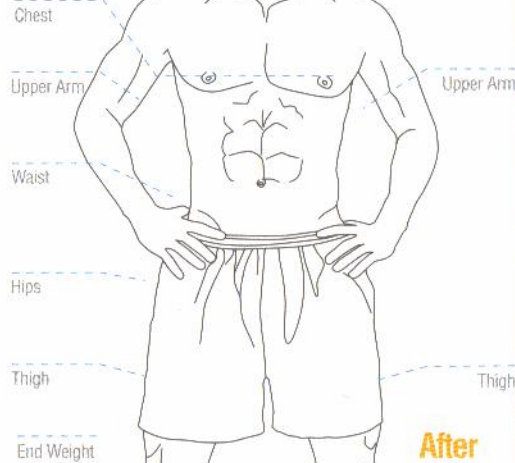
measurement tracker



Day ____



Day ____



Record the difference between your start date and end date:

Chest

Right Arm*

Left Arm*

Waist

Hips

Right Thigh**

Left Thigh**

Weight

*Flexed, measured at peak of bicep

**Measured at widest point