

MEASUREMENTS

MONTH	WAIST	HIPS	THIGHS	CALF	BICEPS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

START DATE: _____

GOAL WEIGHT: _____

GOAL SIZE: _____