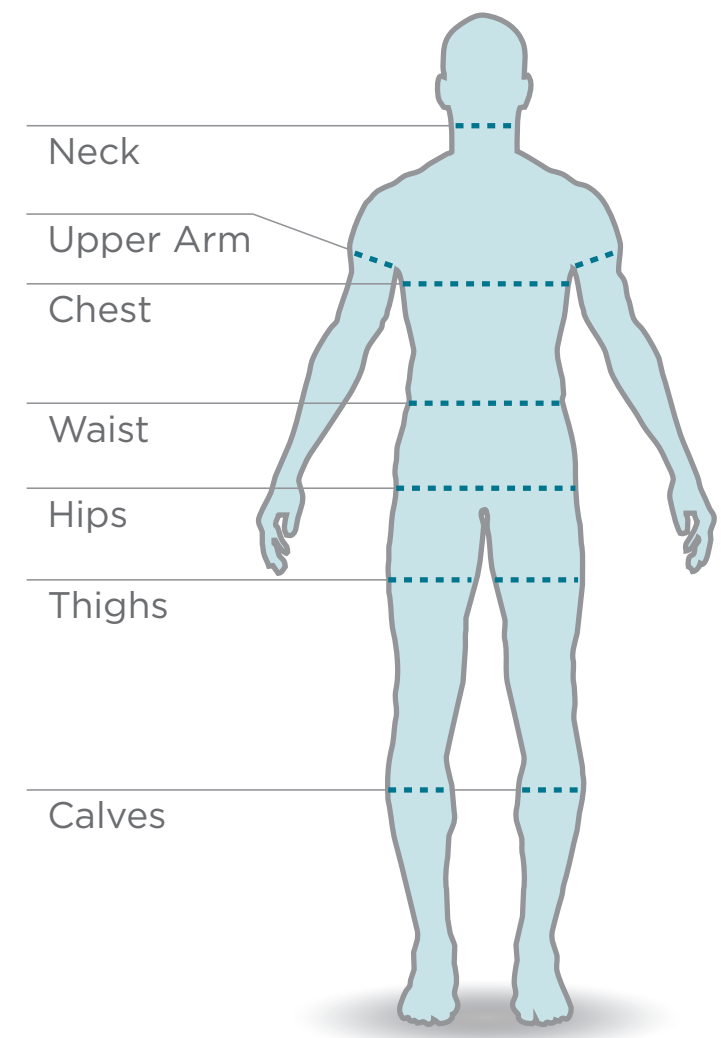


MEASUREMENT TRACKER

Physical transformations aren't measured just by what you see on the scale. For a more accurate way to track your goals and keep motivated, measure your centimetres lost (or gained, depending on your goals) throughout your journey.



	GOAL	START	DAY 9	DAY 20	DAY 30
Weight					
Neck					
Upper Arm L					
Upper Arm R					
Chest					
Waist					
Hips					
Thigh L					
Thigh R					
Calf L					
Calf R					