

MEASUREMENTS

If it doesn't CHALLENGE you, it doesn't CHANGE you!

Round 1

Start Date: _____

	Day 1	Day 21
Weight		
Neck		
Right Arm		
Left Arm		
Chest		
Waist		
Stomach		
Hips		
Right Thigh		
Left Thigh		
Right Calf		
Left Calf		

Round 2

Start Date: _____

	Day 1	Day 21
Weight		
Neck		
Right Arm		
Left Arm		
Chest		
Waist		
Stomach		
Hips		
Right Thigh		
Left Thigh		
Right Calf		
Left Calf		