

BODY MEASUREMENT / WEIGHT LOSS

Tracker

BEFORE		
DATE		
WEIGHT		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	



AFTER		
DATE		
WEIGHT		
	NECK	1
	CHEST	2
	LEFT ARM	3
	RIGHT ARM	4
	WAIST	5
	HIPS	6
	LEFT THIGH	7
	RIGHT THIGH	8
	LEFT CALF	9
	RIGHT CALF	10

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