



TRACK: Starting measurements

Date:.....

Weight:..... Body Fat %:..... Neck:..... Upper Arm:..... Chest:..... Bust:..... Waist:.....

Hips:..... Upper Thigh:..... Mid Thigh:..... Calf:.....

Tape your photos in the boxes below:

Before picture: Front
(Print yo' gorgeous selfie!)

You are beautiful and worth the effort and honor
of a healthy habits lifestyle – just the way you are!

Before picture: Back

You are not earning it
- you already deserve it!

TRACK: After measurements

Date:.....

Weight:..... Body Fat %:..... Neck:..... Upper Arm:..... Chest:..... Bust:..... Waist:.....

Hips:..... Upper Thigh:..... Mid Thigh:..... Calf:.....

After picture: Front

What a difference four weeks
of focused effort makes!

After picture: Back

Look at you, turning heads!