
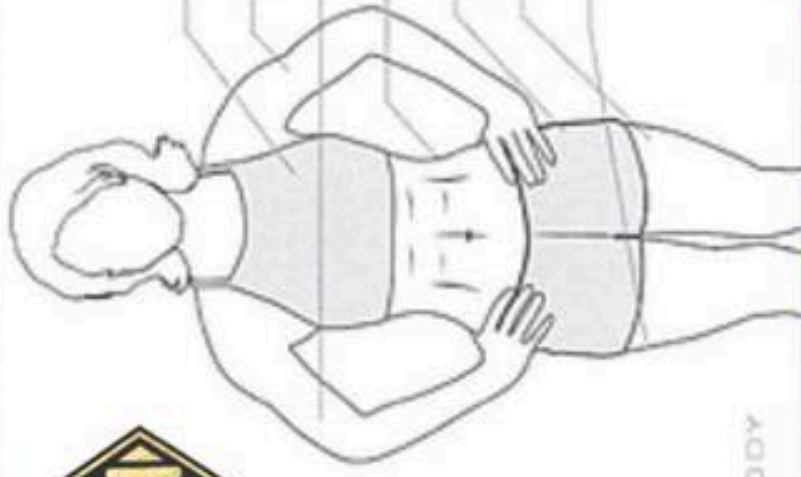




MEASUREMENT TRACKER

Heather Newman Fitness.com

Let the numbers tell your story.

DAY _____		
Chest _____		
R. Arm _____		
L. Arm _____		
Waist _____		
Hips _____		
R. Thigh _____		
L. Thigh _____		
Weight _____		

  BEACHBODY

BEFORE

AFTER

RECORD the DIFFERENCE from your start to end date:

Chest _____	R. Arm _____	L. Arm _____	Waist _____	Hips _____	R. Thigh _____	L. Thigh _____
Total Inches Lost _____			Total Weight Lost _____			