

MEASUREMENTS *tracker*

	Day 1	Day 7	Day 14	Day 21
Bust				
Chest				
Arm				
Waist				
Stomach				
Hips				
Thighs				
Calves				
Weight				

TIPS

MAKE THIS WORK FOR YOU
TAKE BEFORE & AFTER PHOTOS
IN ADDITION TO
MEASUREMENTS!

DON'T FLEX OR SUCK IN WHEN
TAKING MEASUREMENTS

TAKE MEASUREMENTS AT THE
SAME TIME OF DAY EACH TIME
(MORNING IS USUALLY BEST!)

REMEMBER - THESE ARE JUST
YOUR POINTS OF REFERENCE
DON'T FORGET TO TAKE NOTE
OF HOW YOU FEEL!!

MEASUREMENTS

Guide

