BODY MEASUREMENT TRACKER





	DAY 1	DAY 15	DAY 30	
NECK				
CHEST				HALF WAY
LEFT ARM				IN LINE WITH ARM PITS ON BICEP PEAKS ON BICEP PEAKS
RIGHT ARM				IN LINE WITH BELLY BUTTON
WAIST				
HIPS				POINT OF BUTTOCKS HALF WAY HALF WAY
LEFT THIGH				
RIGHT THIGH				
LEFT CALF				HALF WAY HALF WAY
RIGHT CALF				
WEIGHT				