

DATE

1. bust

2. upper arm

3. waist

4. hip

5. thigh

weight

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weight

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1. bust

2. upper arm

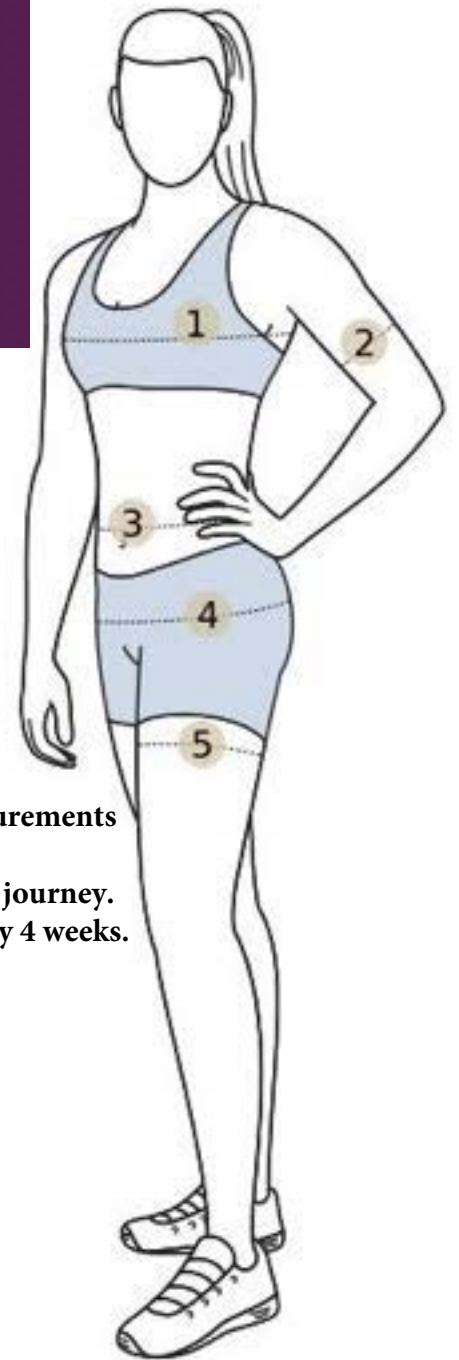
3. waist

4. hip

5. thigh

weight

BADDIES



Please record your measurements
before starting your
12 week Transformation journey.
Take measurements every 4 weeks.

NOTES