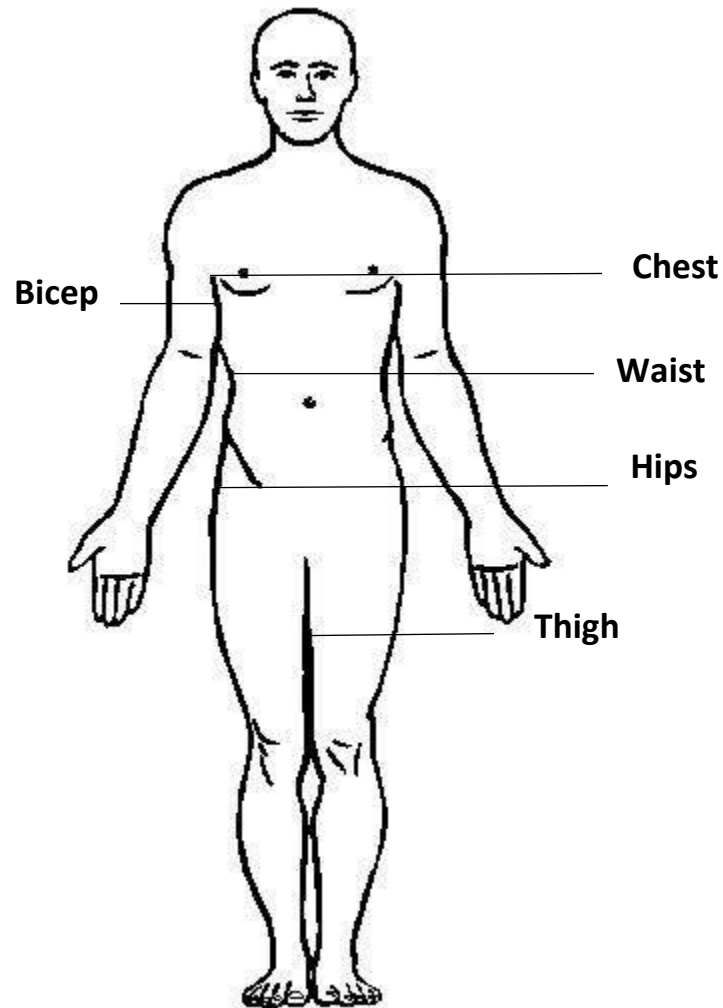


fitnⁱxx



Week 1 Date:	
Weight	
Chest	
Waist	
Hips	
Thigh	
Bicep	
Week 2 Date:	
Weight	
Chest	
Waist	
Hips	
Thigh	
Bicep	
Week 3 Date:	
Weight	
Chest	
Waist	
Hips	
Thigh	
Bicep	
Week 4 Date:	
Weight	
Chest	
Waist	
Hips	
Thigh	
Bicep	