


WEEKLY WEIGH-INS											
WEEK 1		WEEK 2		WEEK 3		WEEK 4		WEEK 5		WEEK 6	
Photos		Photos		Photos		Photos		Photos		Photos	
WEEK 7		WEEK 8		WEEK 9		WEEK 10		WEEK 11		WEEK 12	
Photos		Photos		Photos		Photos		Photos		Photos	
MONTHLY MEASUREMENTS											
	START		MONTH 1		MONTH 2		MONTH 3				
CHEST											
ARMS											
WAIST											
HIPS											
THIGHS											
CALVES											
BF											
BMI											