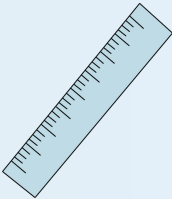


Measurement Tracker



BEFORE

AFTER

WEIGHT _____
DATE _____

WEIGHT _____
DATE _____

RIGHT ARM _____

RIGHT ARM

LEFT ARM _____

LEFT ARM

CHEST _____

CHEST

WAIST _____

WAIST

HIPS _____

HIPS

RIGHT THIGH _____

RIGHT THIGH

LEFT THIGH _____

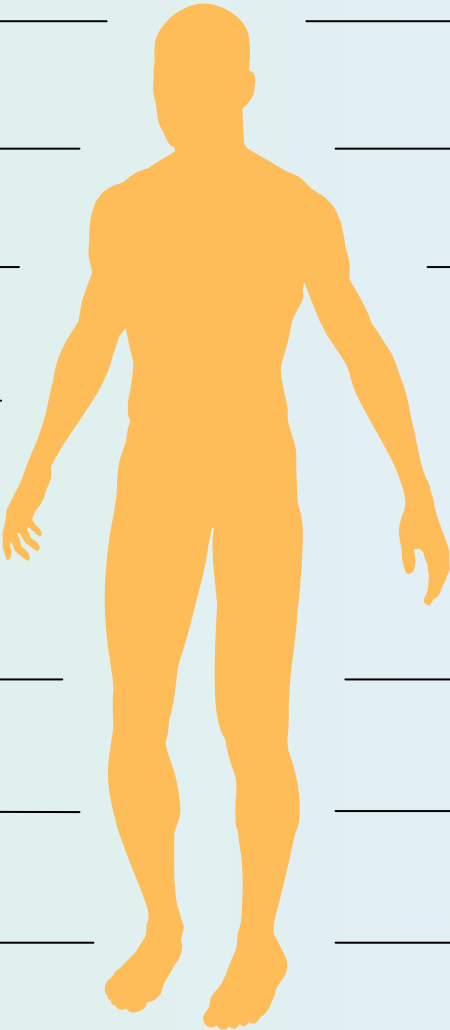
LEFT THIGH

RIGHT CALF _____

RIGHT CALF

LEFT CALF _____

LEFT CALF



NOTES

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