

# MEASUREMENT

## CHEST

WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
GOALS				

## ARM

WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
GOALS				

## WAIST

WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
GOALS				

## HIP

WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
GOALS				

## THIGH

WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
GOALS				

## CALF

WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
GOALS				