

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				