

**Week:** Date \_\_\_\_\_

Day	Weight	Exe	Cal
Su			
M			
Tu			
W			
Th			
F			
Sa			

**Measure\***

Chest

Waist

Thigh

Arm

**Week:** Date \_\_\_\_\_

Day	Weight	Exe	Cal
Su			
M			
Tu			
W			
Th			
F			
Sa			

**Measure\***

Chest

Waist

Thigh

Arm

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