



January 2013



January Challenges:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Starting Measurements

Lbs. _____ Hips _____ Right Thigh _____ Right Bicep _____
Bust _____ Waist _____ Left Thigh _____ Left Bicep _____

End-of-Month Measurements

Lbs. _____ Hips _____ Right Thigh _____ Right Bicep _____
Bust _____ Waist _____ Left Thigh _____ Left Bicep _____

This month's results!

Total Inches _____
Lbs. _____ Hips _____ Right Thigh _____ Right Bicep _____
Bust _____ Waist _____ Left Thigh _____ Left Bicep _____