

# Measurements tracker

	Day 1	Day 7	Day 14	Day 21
Bust				
Chest				
Arm				
Waist				
Stomach				
Hips				
Thighs				
Calves				
Weight				

## Tips

Don't suck in or flex while measuring

Note on the chart exactly where you measured

Don't forget to take before and after pictures!

## Measurement Guide

