

measurement tracker



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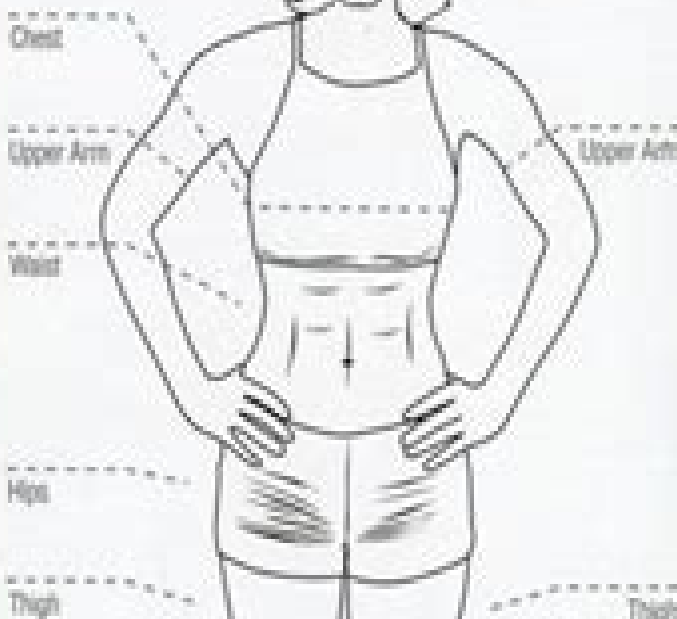
Day ____



Start Weight

Before

Day ____



End Weight

After

Record the difference between your start date and end date:

Chest

Right Arm*

Left Arm*

Waist

Hips

Right Thigh**

Left Thigh**

Weight

*Flexed, measured at peak of biceps

**Measured at widest point

Beachbody Measurement Guide

M Planty



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