KEEP TRACK OF YOUR WEEKLY SUCCESS BY CHARTING YOUR WEIGHT AND MEASUREMENTS.

*"No rest is worth anything except the rest that is earned". ~Jean Paul*

***Be sure to always have your measurements taken by the same person and in the same place so your measurements are accurate and precise!*

| DATE | WEIGHT | CHEST | TRICEP | WAIST | HIP | R.CALVE | R. QUAD |
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*"Competitive toughness is an acquired skill and not an inherited gift." ~Chris Evert*

stay motivated


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