



**MEASUREMENT TABLE \_\_\_\_\_ ROUND \_\_\_\_\_ DATE**

Starting Measurements	Beginning	Ending of Round	Weight	Fat %
BUST				
WAIST				
HIP				
BELLY (2 " below)				
INNER THIGH	(L) (R)	(L) (R)		
BICEP	(L) (R)	(L) (R)		
OTHER				

**\_\_\_\_\_ ROUND \_\_\_\_\_ DATE**

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BELLY (2 " below)				
INNER THIGH	(L) (R)	(L) (R)		
BICEP	(L) (R)	(L) (R)		
OTHER				

# Tracking Charts 43/46 -DAY

43/46 Day	DATE	WEIGHT	FAT %	NOTES
#1 -GORGE				
#2 -GORGE				
#3 -GORGE				
#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				

43/46 Day	DATE	WEIGHT	FAT %	NOTES
#32				
#33				
#34				
#35				
#36				
#37				
#38				
#39				
#40				
#41				
#42				
#43				
#44 Descend				
#45 Descend				
#46 Descend				

## MEASUREMENT TABLE

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BELLY (2 " below)				
INNER THIGH	(L) (R)	(L) (R)		
BICEP	(L) (R)	(L) (R)		
OTHER				

