MEASUREMENT TRACKER

	Essentiallysydney.com				
	NAME:				
	DATE:				
	GOAL:				
4	BODY PART	START	END	LOST	
	Chest				
1	Right Arm				
	Left Arm				
	Waist				
_	Hips				
	Right Thigh				
	Left Thigh				
_	Total Inches				7
	Weight				