

Measurements tracker

21 day **FIX** 21 day **FIX**
EXTREME

	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

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Note on the chart exactly where you measured

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Don't forget to take before and after pictures!

Measurement Guide

