

PROGRESS *Tracker*

MY GOALS

-
-
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-
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MY IDOL

PHOTO

MEASURES	J	F	M	A	M	J	J	A	S	O	N	D
WEIGHT												
CHEST												
WAIST												
HIPS												
CALVES												
THIGHS												

START GOAL

Sweat now “
GLOW LATER!”

PROGRESS *Tracker*

MONTHLY BODY TRANSFORMATION

DATE:

PHOTO

DATE:

PHOTO

DATE:

PHOTO

DATE:

PHOTO