

WEEKLY Body Measurements



BICEPS

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

HIPS

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

CALVES

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

CHEST

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

WAIST

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

THIGHS

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

NOTES

