

Back To Fitness Challenge!

Record your current weight and all your measurements carefully before you begin.

Take your waist measurements at the narrowest point and chest, hips arms and thighs at the widest point. This is important because often we see progress in our shape sooner than on the scales.

	Current	Week 4	Week 8	Week 12
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Current weight				
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Chest Measurement				
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Arm measurement				
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Waist Measurement				
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Hip Measurement				
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Thigh Measurement				
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