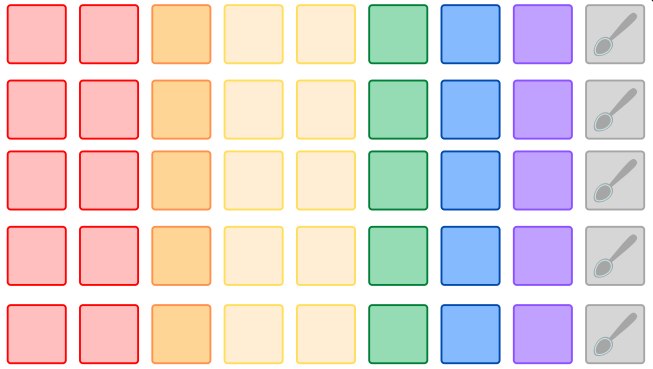




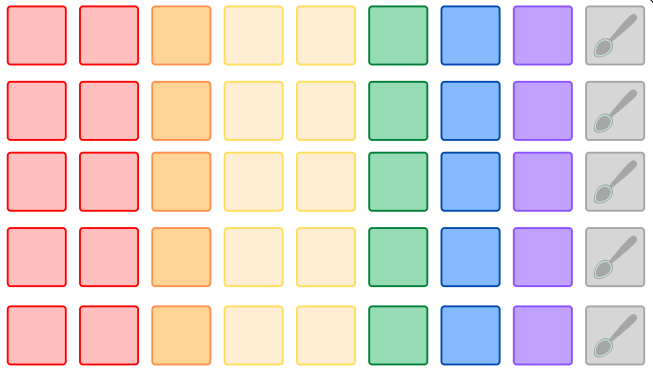
daily goal



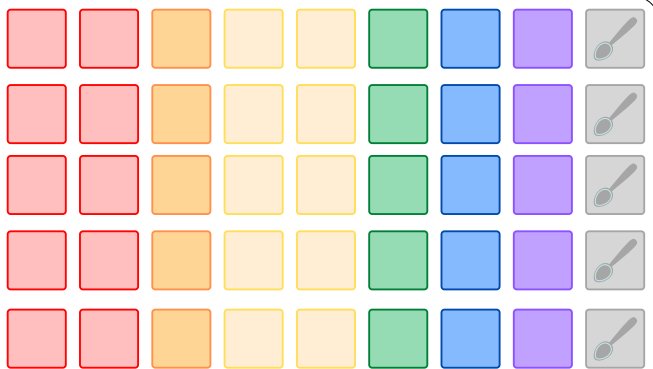
date:



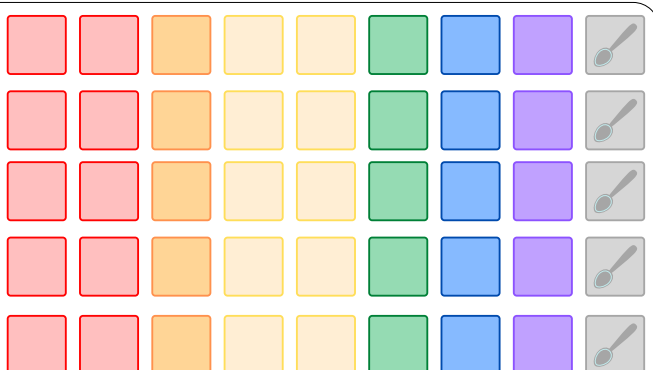
date:



date:



date:



# measurements & journaling

date	CHEST	LEFT ARM	RIGHT ARM	HIPS	WAIST	LEFT THIGH	RIGHT THIGH	LEFT CALF	RIGHT CALF	WEIGHT

why am I doing this program?

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what did I like about this program?

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what did I struggle with?

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what did I learn about myself?

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what lifestyle changes will I keep moving forward?

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notes and observations:

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