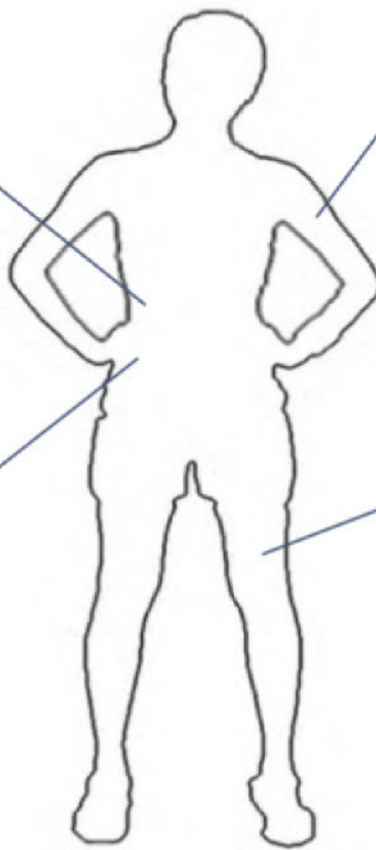


Body Measurements

Monthly Tracker

	Actual	Goal
Week 1		
Week 2		
Week 3		
Week 4		

	Actual	Goal
Week 1		
Week 2		
Week 3		
Week 4		



	Actual	Goal
Week 1		
Week 2		
Week 3		
Week 4		

	Actual	Goal
Week 1		
Week 2		
Week 3		
Week 4		

	Actual	Goal
Week 1		
Week 2		
Week 3		
Week 4		