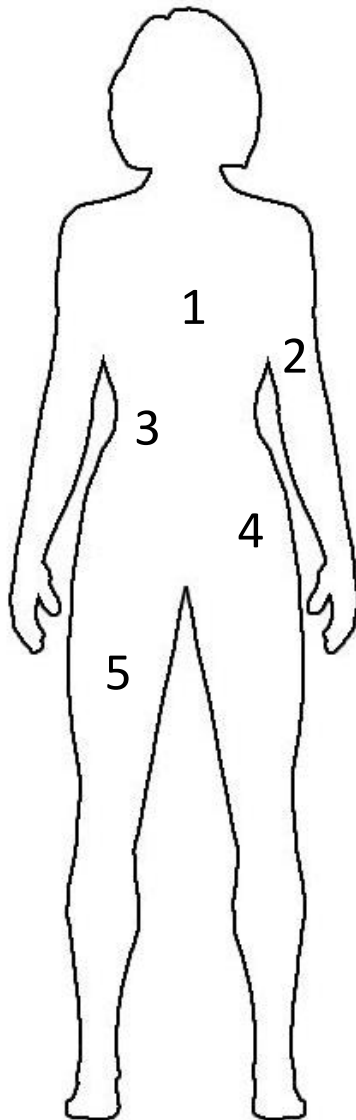


5 THIGHS

Week 1:	
Week 2:	
Week 3:	
Week 4:	
Week 5:	
Week 6:	



PROGRESS TRACKER	START Date:	WEEK 1 Date:	Week 2 Date:	Week 3 Date:	Week 4 Date:	Week 5 Date:	Week 6 Date:
Weight							
1 Chest							
2 Arms							
3 Waist							
4 Hips							
5 Thighs							