

Sugar-Free FRESH START Course Body Measurement Progress Tracker

	1 CHEST							
l w	Veek 1:		(1		2 ARMS		
l w	Veek 2:		()	Week	1:		
l w	Veek 3:			7	Week	2:		
l w	Veek 4:)	Week	3:		
l w	Veek 5:			.]	Week	4:		
W	Veek 6:		-	^L {	Week	5:		
3 WAIST			/ /) 3 (Week 6:					
W	Veek 1:			11 1				
Week 2:			1//	4 \\ \		4 HIPS		
Week 3:			[{]	· - }	Week	Week 1:		
Week 4:			(6) 1		Week 2:			
Week 5:			5 / Week 3: Week 4:				-	
Week 6:								
	5 THIGHS		\ /	\ /	Week		_	
\ \	Week 1:		11	1	Week		-	
	Week 1:		1 {) (
	Week 3:		\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \					
	Week 4:		\ /	Age: Height:				
	Week 5:		\	11	· -		<> 10=very)	
	Week 6:		{ }	ł 1	→ Cuvity Let			
	veek o.			\Box	0	5	10	
PROGRES	S START	WEEK 1	Week 2	Week 3	Week 4	Week 5	Week 6	
TRACKER	Pate:	Date:	Date:	Date:	Date:	Date:	Date:	
Weight								
1 Chest								
2 Arms								
3 Waist								

4 Hips

5 Thighs