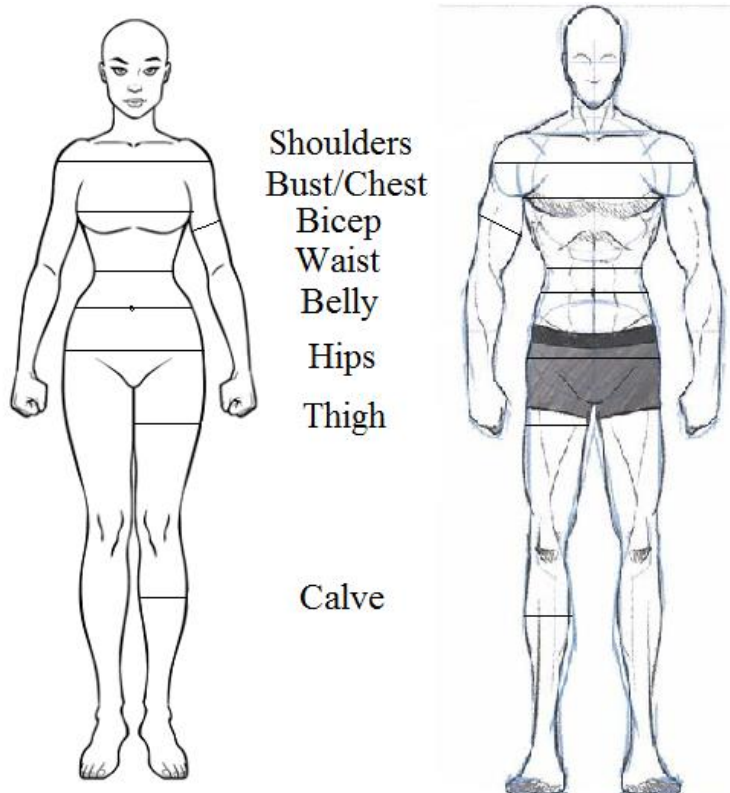


28-DAY SUMMER BODY FAST TRACKER INFORMATION AND PROGRESS SHEET

NAME & SURNAME: _____ DATE OF BIRTH: _____

BODY ASSESSMENT – MEASUREMENTS AND WEIGHT

	DAY 1	DAY 4	DAY 11	DAY 18	DAY 25	DAY 28
DATE						
TIME						
WEIGHT						
SHOULDERS						
CHEST/OVERBUST						
BICEP - RHS						
WAIST						
BELLY						
HIPS						
THIGH - RHS						
CALVE						
TOTAL CM						
LOSS / GAIN						



Shoulders
 Bust/Chest
 Bicep
 Waist
 Belly
 Hips
 Thigh

 Calve