

TRACK YOUR PROGRESS

If you stay committed and push to your max every day for the next 60 days, you will see results you never imagined possible. But in the end, you won't really know how far you've come unless you know where you started. So, take your weight, measurements, and photos on Day 1. Then repeat on Day 30, and again on Day 60.

PROGRESS TRACKER

	DAY 1	DAY 30	DAY 60
PHOTO			
WEIGHT			
M E A S U R E M E N T S	CHEST		
	WAIST		
	HIPS		
	THIGHS		
	TRICEPS		
	CALVES		

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