

Fitness Metrics

	Day 0	30 Days	60 Days	90 Days
Weight				
Waist				
Hips				
Quads				
Chest				
Biceps (Flexed)				

Measuring Process:

Using a tailors tape (pro tip: if you don't have one, use a piece of string, take the measurement, and then compare the measurement to a ruler or yardstick) measure the indicated body part by wrapping the tape (or string) around the area we're measuring and write down that measurement in the box above under the appropriate day.