FITTEAM Progress Tracker

Day: _____

Chest: _____

R. Arm: _____

L. Arm: _____

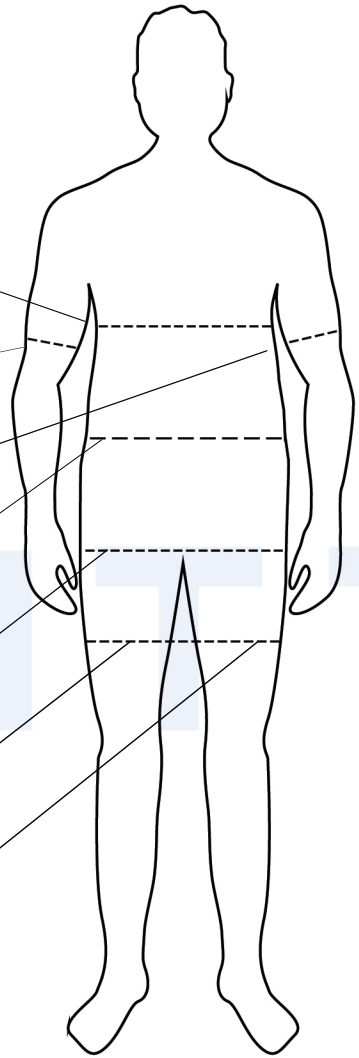
Waist: _____

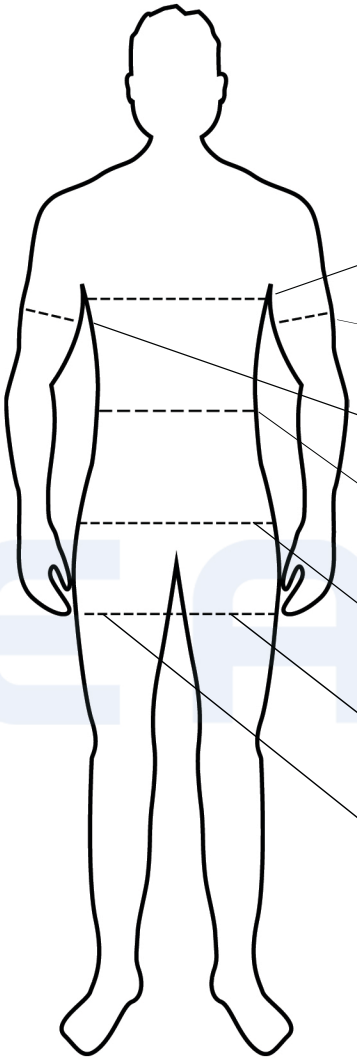
Hips: _____

R. Thigh: _____

L. Thigh: _____

Weight: _____





Day: _____

Chest: _____

L. Arm: _____

R. Arm: _____

Waist: _____

Hips: _____

L. Thigh: _____

R. Thigh: _____

Weight: _____

Record Your Progress :

Chest: _____ R. Arm: _____ L. Arm: _____ Waist: _____

Hips: _____ R. Thigh: _____ L. Thigh: _____ Weight: _____

Total Inches Lost: _____ **Total Weight Lost:** _____