

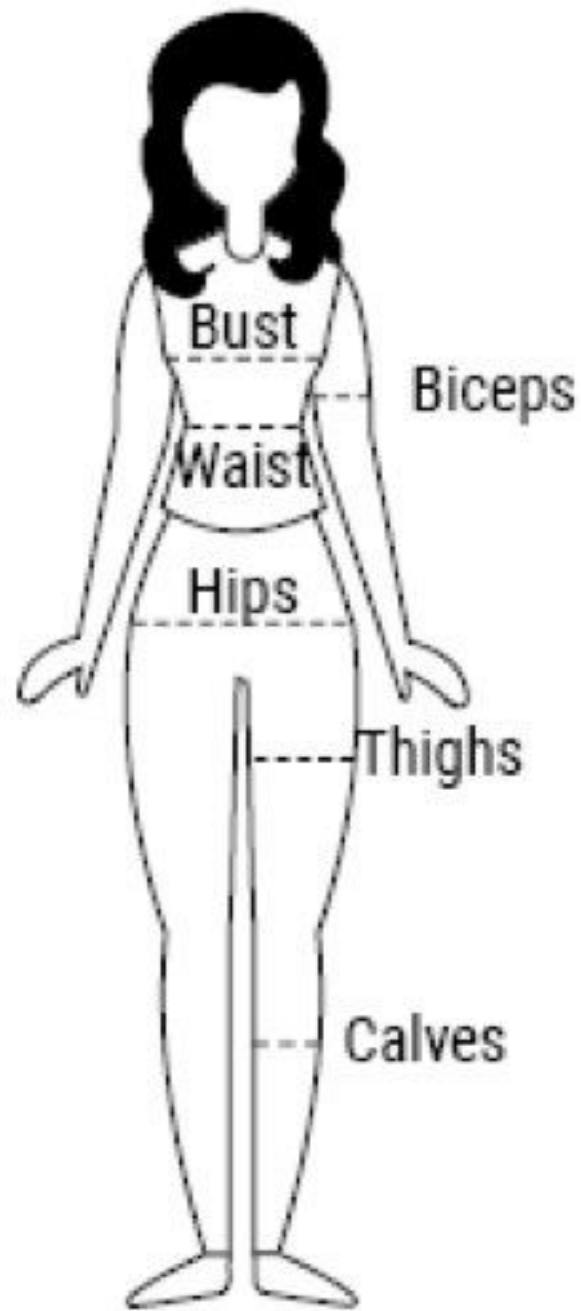
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Measurement Tracker



The diagram shows a female silhouette with dashed lines indicating where to take measurements: Bust (across the chest), Waist (at the narrowest part), Hips (at the widest part), Biceps (on the upper arm), Thighs (on the front of the thigh), and Calves (on the back of the lower leg).

DATE	WEIGHT	BMI	% FAT	NECK	BUST	BICEPS	WAIST	HIPS	THIGHS	CALVES

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