



MEASUREMENTS TRACKER

START
PICTURE

10 DAY

30 DAY

60 DAY

90 DAY



T XT

WEIGHT

JEAN SIZE

CHEST

BICEP

WAIST

Mon
9/9
2013

DAY ONE

Wed
9/18
2013

DAY 10

Tue
10/8
2013

DAY 30

Thu
11/7
2013

DAY 60

Sun
12/1
2013

DAY 90