



my progress chart



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

body

WEIGHT

BODY FAT %

NECK

CHEST

WAIST

HIPS

arms

LEFT UPPER ARM

LEFT FORE ARM

LEFT WRIST

RIGHT UPPER ARM

RIGHT FORE ARM

RIGHT WRIST

legs

LEFT THIGH

LEFT CALF

LEFT ANKLE

RIGHT THIGH

RIGHT CALF

RIGHT ANKLE

✿ Take care of your body, it's the only place you have to live. ~ Jim Rohn ✿