

# Measurements Tracker

|        | Day 1 | Day 15 | Day 30 | Day 45 | Day 60 |
|--------|-------|--------|--------|--------|--------|
| WEIGHT |       |        |        |        |        |
| CHEST  |       |        |        |        |        |
| ARMS   |       |        |        |        |        |
| WAIST  |       |        |        |        |        |
| THIGH  |       |        |        |        |        |
| LEGS   |       |        |        |        |        |
| FEET   |       |        |        |        |        |
| CLAVES |       |        |        |        |        |

## TIPS:

Don't *rush* or *panic* while measuring

Make sure the chart *reflects* where you *are*

Don't forget to take *before* and *after* pictures!

## © Susanna Strives Measurement Guide

