



OUR BEST BITES FIT CLUB

STRONG and LEAN in **20**FIFTEEN

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Weight and Measurement Tracking Chart

	WEEKLY WEIGHT							
WEEK 1 								
WEEK 2								
WEEK 3								
WEEK 4 								
WEEK 5								
WEEK 6								
WEEK 7 								
WEEK 8								
WEEK 9								
WEEK 10 								
WEEK 11								
WEEK 12								
WEEK 13 								
WEEK 14								

GET AFTER IT! GO GET IT! YOU CAN DO THIS! FINISH IT!