



30-Day Challenge

My Challenge is:

My Goal is:

Start Date:

Neck	Bicep Left Arm	Bicep Right Arm	Chest	Belly Button	Lower Waist	Hips	Thigh Left Leg	Thigh Right Leg	Ankle Left Leg	Ankle Right Leg	Scales - lbs / kg

*Measurements in Inches

Finish Date:

Neck	Bicep Left Arm	Bicep Right Arm	Chest	Belly Button	Lower Waist	Hips	Thigh Left Leg	Thigh Right Leg	Ankle Left Leg	Ankle Right Leg	Scales - lbs / kg

*Measurements in Inches

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Total Loss

Inches:

Lbs/kgs: