

# MEASUREMENTS TRACKER

## Core De Force

	Day 1	Day 7	Day 14	Day 21
BUST				
CHEST				
ARM				
WAIST				
STOMACH				
HIPS				
THIGHS				
CALVES				
WEIGHT				

### HELPFUL HINTS

Don't **suck in** or **flex** while measuring.

Note on the chart **exactly** where you **measured**.

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

## Measurement Guide

