

DO LIFE FIT

With Elaine

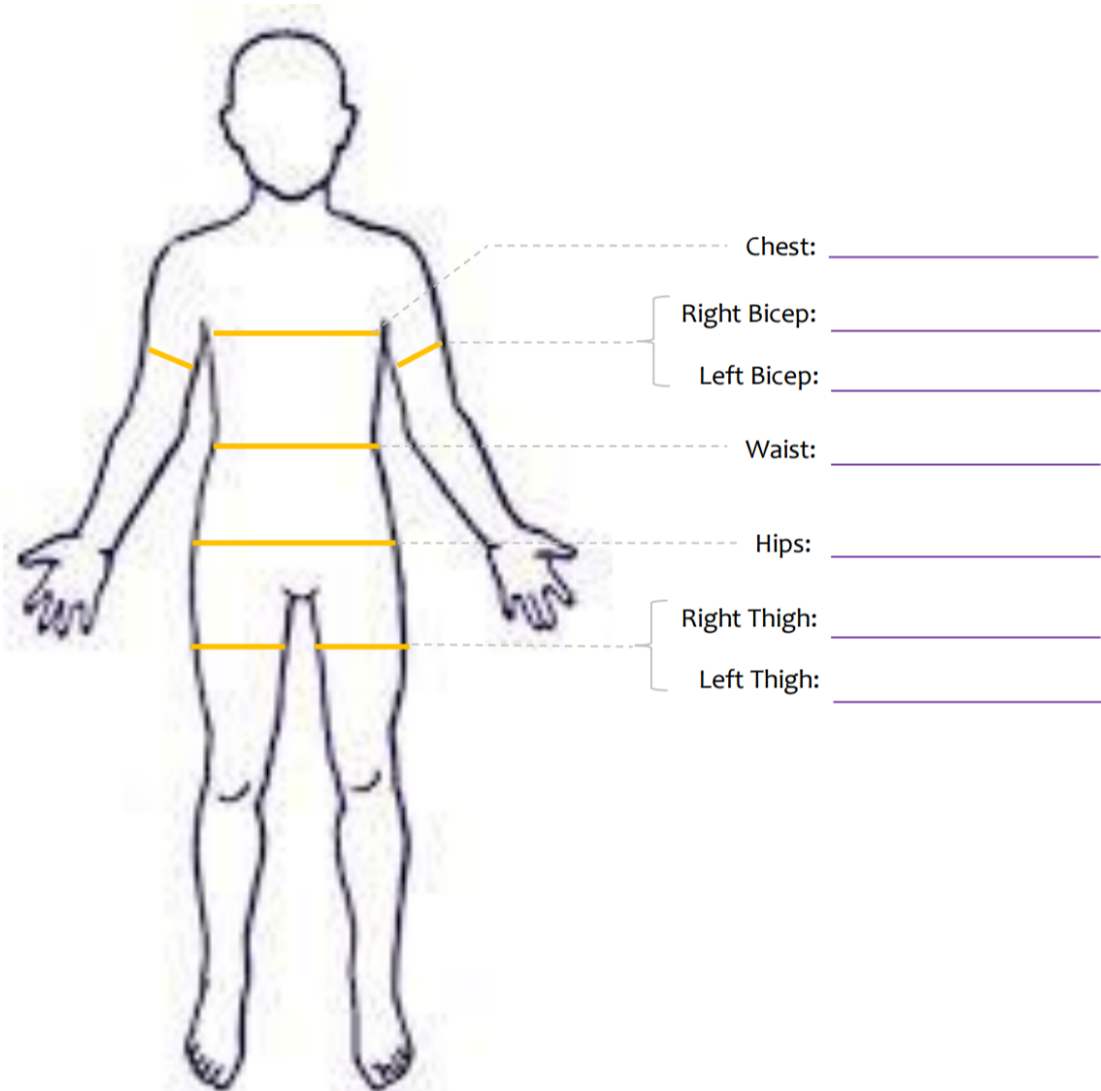
24 DAY CHALLENGE

END DATE: _____

NAME: _____

HEIGHT: _____

WEIGHT: _____



NOTES:

Chest is measured directly in line with breasts/pectorals

Waist is measured at smallest circumference of abdomen

Hips are measured at largest circumference around buttocks

Thighs are measured at end of finger tips when arms are relaxed alongside the body