

# DO LIFE FIT

*With Elaina*

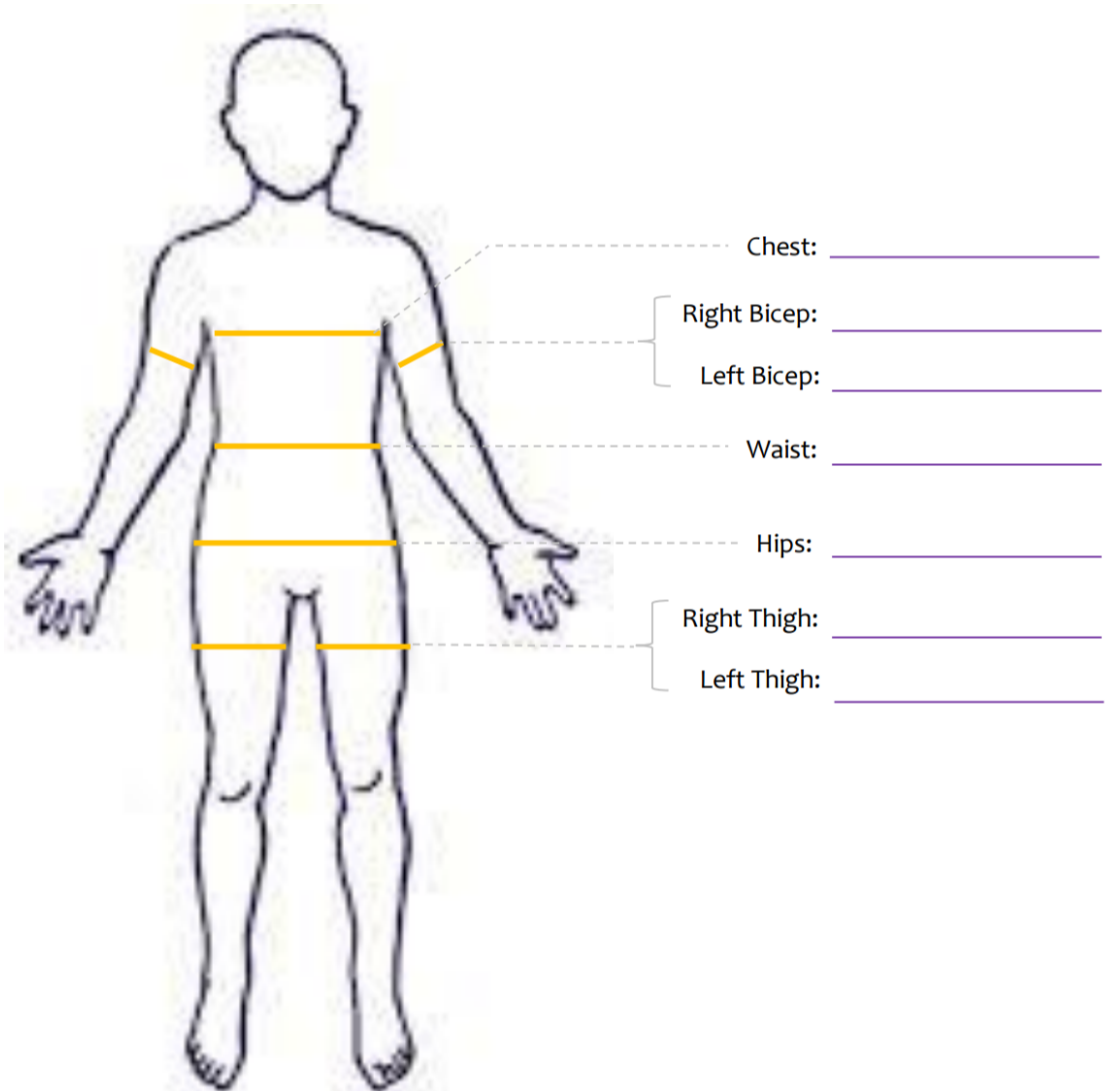
## 24 DAY CHALLENGE

START 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