

FITNESS PROGRESS CHART					
Date	Weight	Chest	Waist	Hips	Forearm
3/5/2013	140	32	31	40	11.5
11/5/2013	140	32	31	39.5	11.5
5/19/2013	139	32	31	39.5	11.5
5/26/2013	138	31	30	39	11
1/6/2013	138	31	30	39	11



