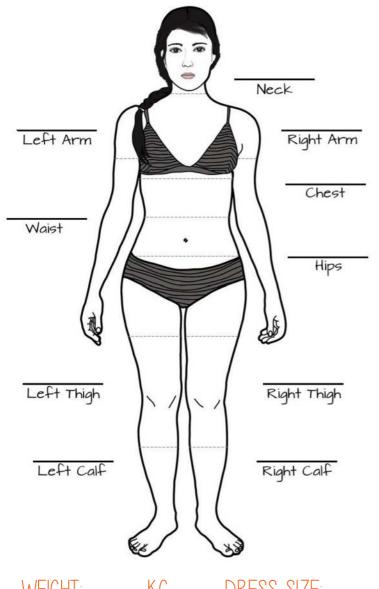
DAY #60 MEASUREMENTS



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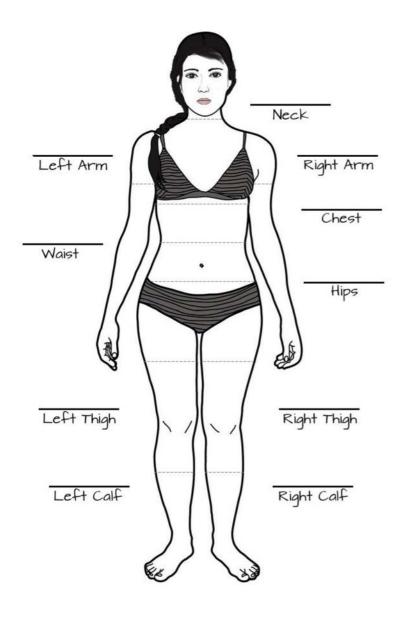




WEIGHT: KG DRESS SIZE:

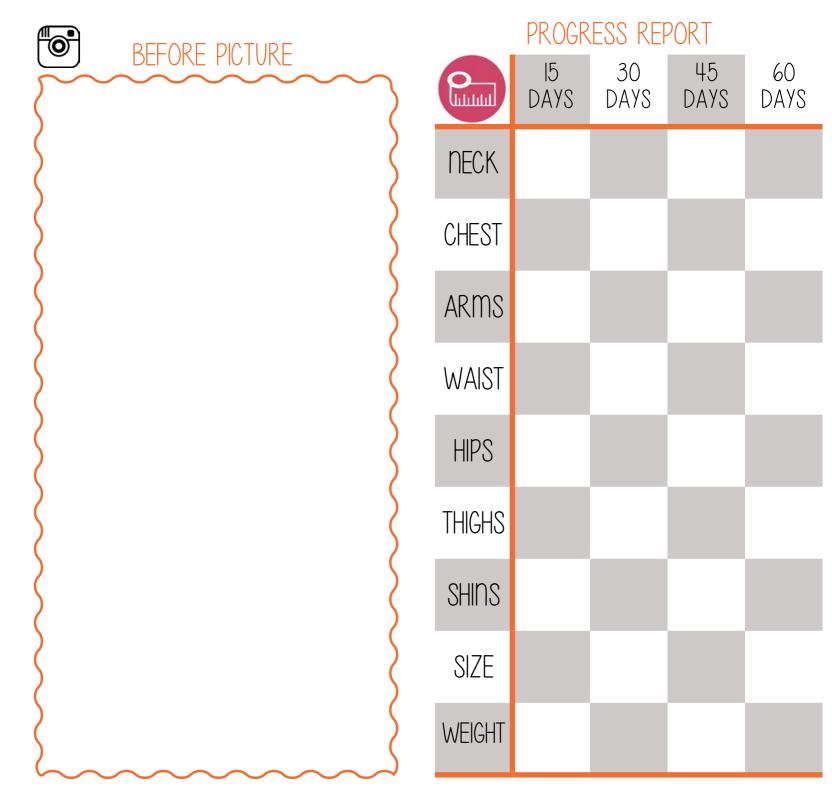
TOTAL WEIGHTLOSS: KG





WEIGHT: KG DRESS SIZE: ____





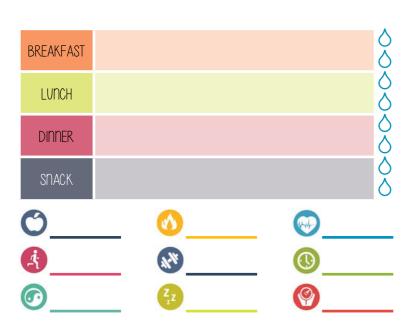
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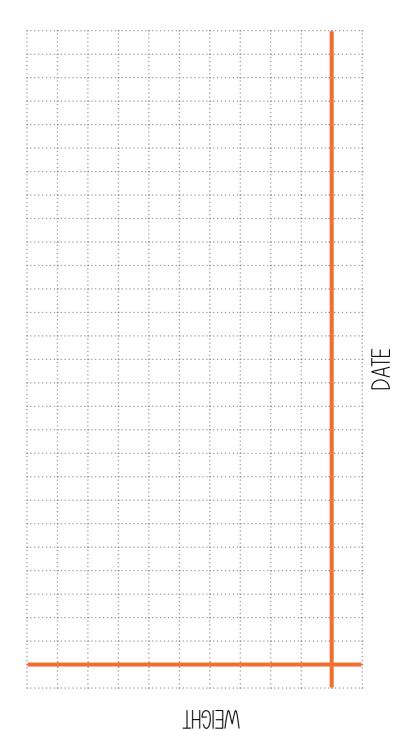


JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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WORKOUTS

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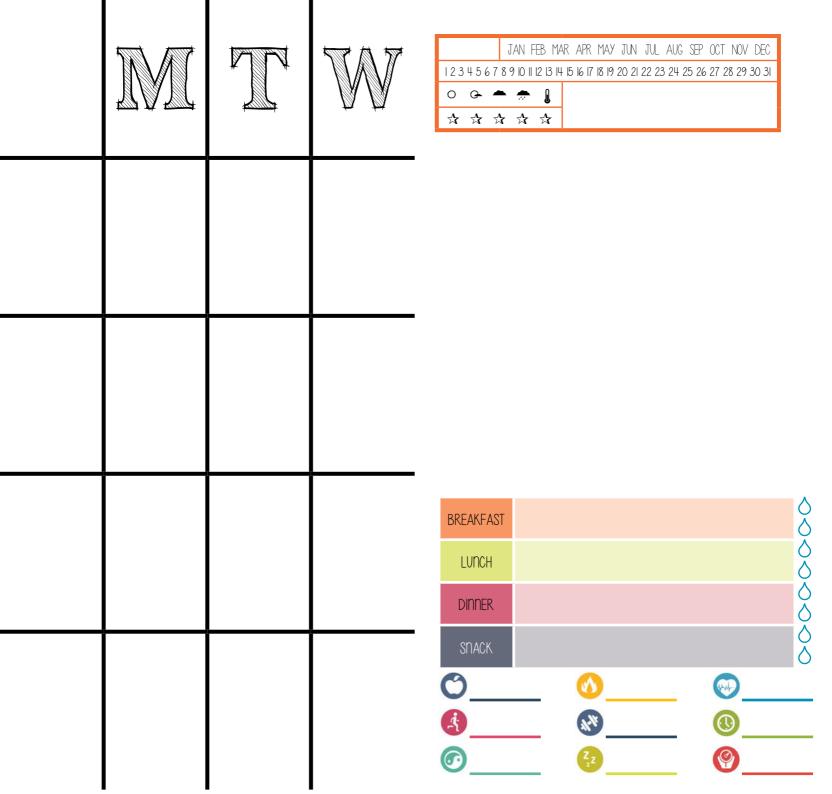
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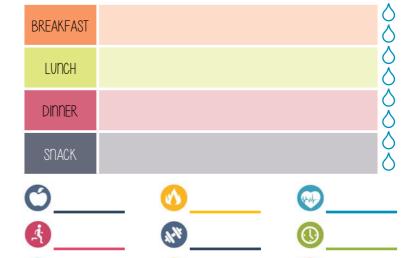
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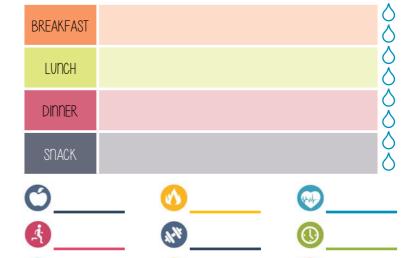
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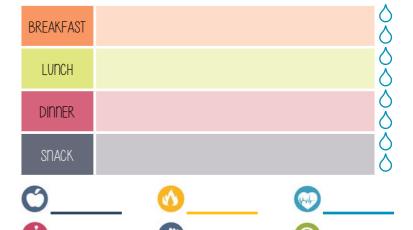
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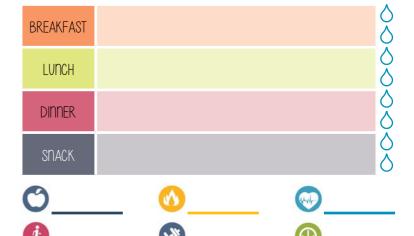
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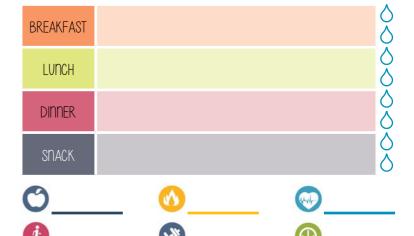
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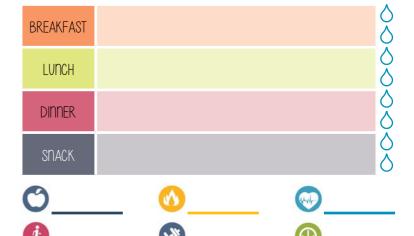
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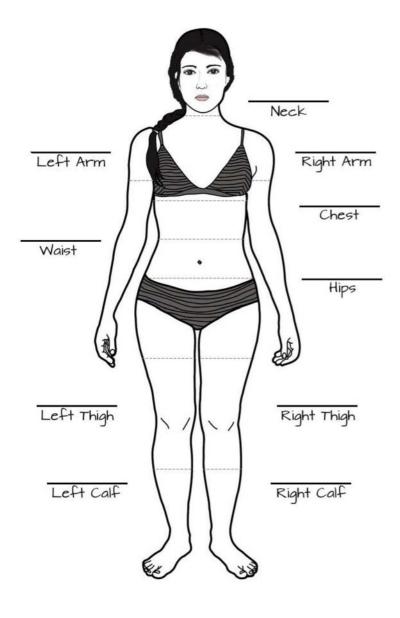
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DAY #45 MEASUREMENTS

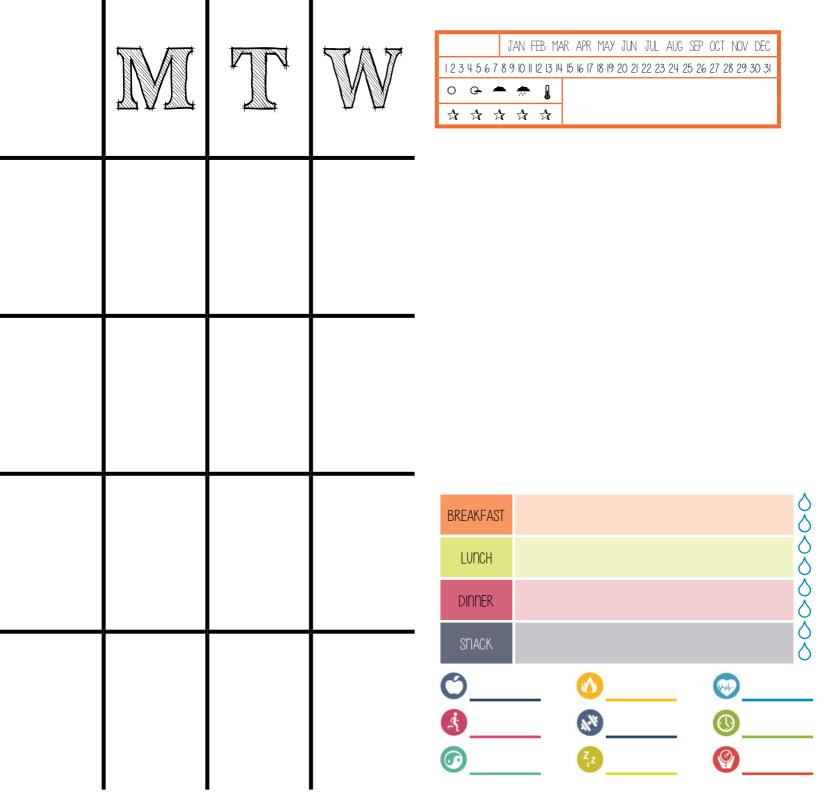


WEIGHT: ____KG DRESS SIZE: ____

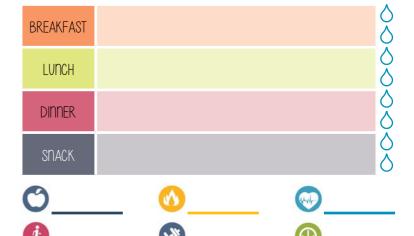
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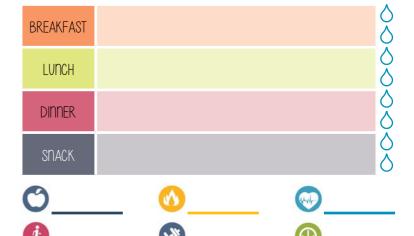
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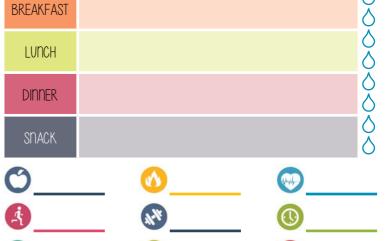


JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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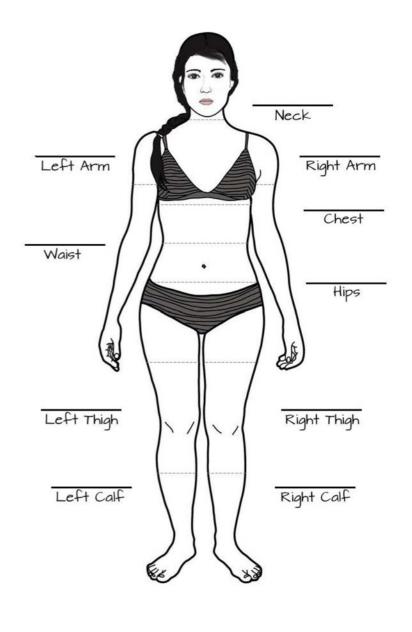
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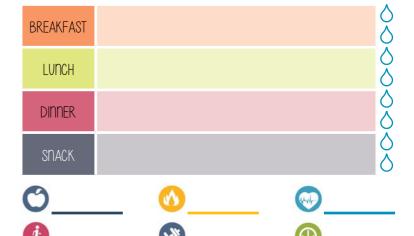
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DAY #15 MEASUREMENTS

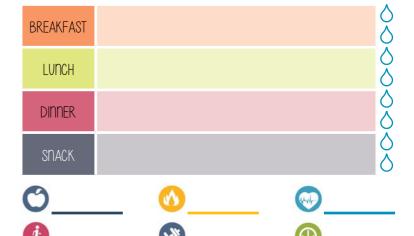


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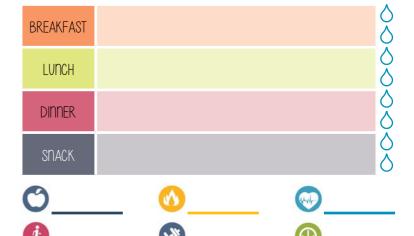
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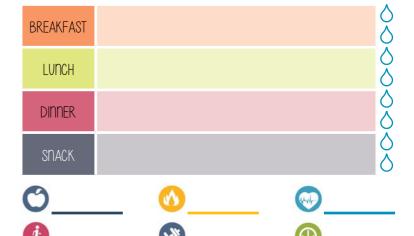
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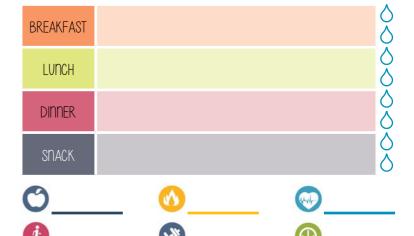
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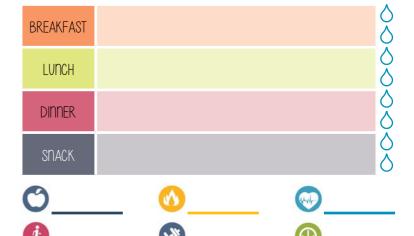
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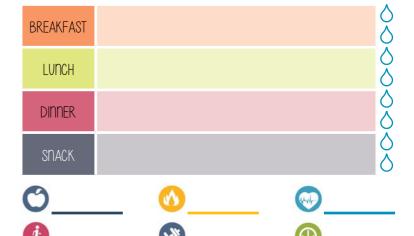
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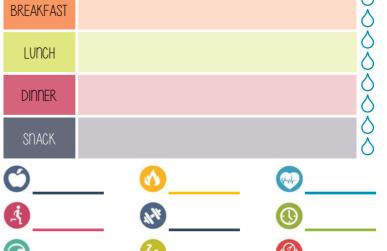


JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

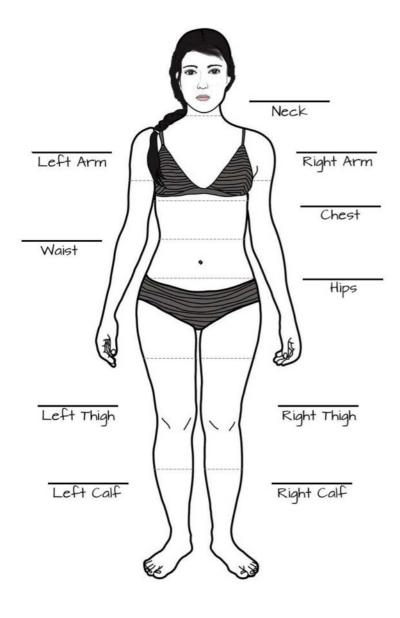
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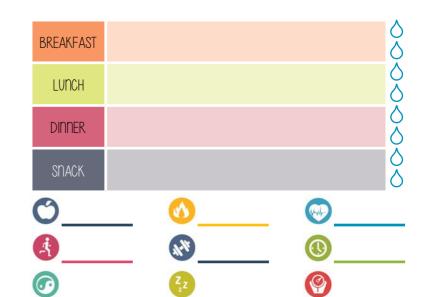


DAY #30 MEASUREMENTS

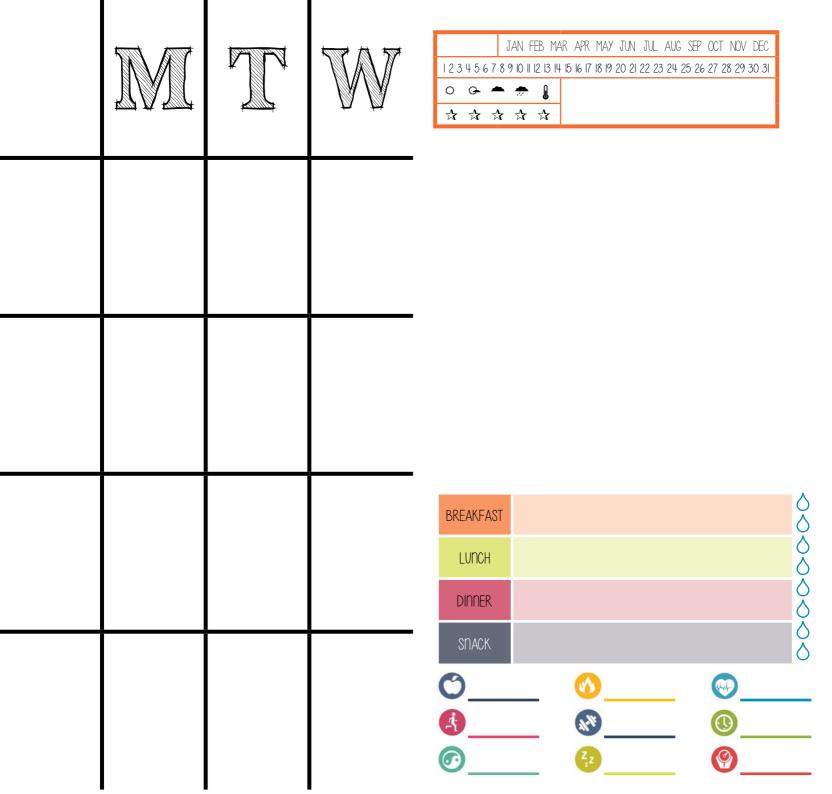


WEIGHT: KG DRESS SIZE: _____

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC 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 31 * * * * *



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