



BOOTY FITNESS

FITNESS CLASSES WITH RESULTS

VITAL BODY STATS

Picture Taken +

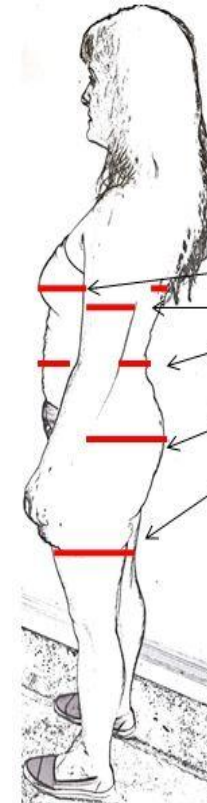
Date	Weight lbs	change lbs	Arms CM	Chest CM	Waist smallest	Hips widest	Thighs widest CM	Total CM	change CM
			Left:				Left:		
			Right:				Right:		
			Left:				Left:		
			Right:				Right:		
			Left:				Left:		
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			Left:				Left:		
			Right:				Right:		

"You may not be there yet but your closer than you was yesterday"



Weekly Measurements

Example



	Left	Right
Bust / Chest	+93cm	
Arms	+30cm	+ 29cm
Waist	+77cm	
Hips	+96.5cm	
Thigh	+56cm	+ 57cm

Add them altogether for a Total **438cm**

Important Record your measurements every week on the same day either on a Saturday or Sunday when you know you will have time.

Ensure that muscles are not flexed when you measure them & always measure the same area

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"Booty Fitness dedicated to getting you fit"

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