

# OUR #1 RECOMMENDATION



# challenge

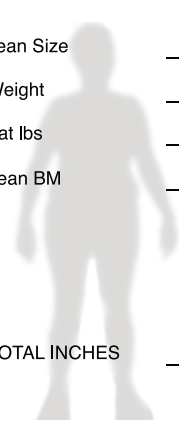
## Lean Out and Tone Up

# the 24 DAY CHALLENGE

### Start

Date:      /      /     

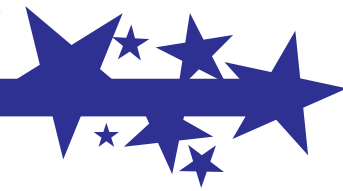
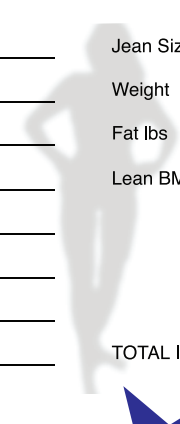
Neck	<u>                    </u>	Jean Size	<u>                    </u>
Shoulders	<u>                    </u>	Weight	<u>                    </u>
Chest	<u>                    </u>	Fat lbs	<u>                    </u>
Waist (b.button)	<u>                    </u>	Lean BM	<u>                    </u>
Hips	<u>                    </u>		
Thighs	R <u>    </u> L <u>    </u>		
Calves	R <u>    </u> L <u>    </u>		
Arms	R <u>    </u> L <u>    </u>	TOTAL INCHES	<u>                    </u>



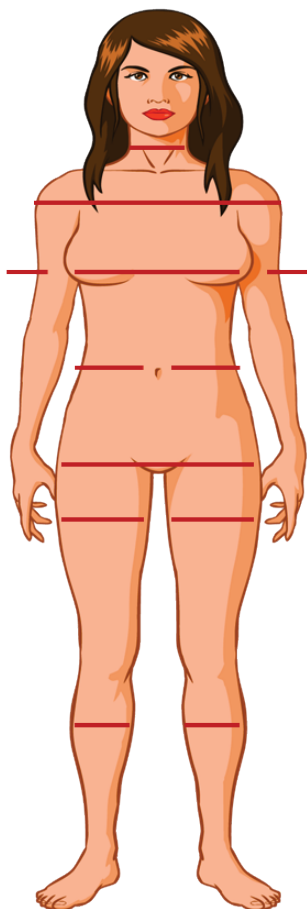
### Finish

Date:      /      /     

Neck	<u>                    </u>	Jean Size	<u>                    </u>
Shoulders	<u>                    </u>	Weight	<u>                    </u>
Chest	<u>                    </u>	Fat lbs	<u>                    </u>
Waist (b.button)	<u>                    </u>	Lean BM	<u>                    </u>
Hips	<u>                    </u>		
Thighs	R <u>    </u> L <u>    </u>		
Calves	R <u>    </u> L <u>    </u>		
Arms	R <u>    </u> L <u>    </u>	TOTAL INCHES	<u>                    </u>



## Progress Tracking Where to Measure



### Before Picture

**Ladies** – sports bra | spandex pants or swimsuit  
**Guys** – board shorts | shirt off

### Jean Size

### Weight

### Inches - Measurements

**Neck** – ½ way between chin / collar bone  
**Shoulders** – widest point  
**Chest** – arms relaxed at sides  
**Waist** – Belly Button Level  
**Hips** – widest point – \*feet together\*  
**Thighs R | L**      widest point  
**Calves R | L**      widest point  
**Arms R | L**        ½ way between shoulder/elbow

