| 20 | NA1 | 10 - | LIE | LITIA |
|----|-----|------|-----|-------|
| 20 | UAY | 0 | | ALTH |

| 30 | 29 | 28 | 27 | 26 | 25 | 24 |
|----|----|-----|-----|----|----|----|
| 23 | 22 | 21 | 20 | 19 | 18 | 17 |
| 16 | 15 | 14 | 13 | 12 | 11 | 10 |
| 9 | 8 | 7 | 6 | 5 | 4 | 3 |
| 2 | 1 | YOU | DID | IT | | |

| | Day 1 | Day 7 | Day 14 | Day 21 | Day 30 |
|-----------|--|--------------|--------------|--------|-----------------|
| Weight | | | | | F_100-100 |
| Waist | | | | | 5 <u>-1210-</u> |
| 2" Below | | | | | Water teach |
| Hips | Oliver School and School Schoo | | 200 | | |
| Thigh | | | -7- | | |
| Upper Arm | | | | | |
| Be sure | to measure | e in the sam | ne place eac | h time | |

No matter how many mistakes
you make or how slow you
progress, You are still way ahead
of everyone who isn't trying