PROGRESS REPORT

FULL NAME:

 **PHASE 1**

|  |  |  |
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| PHASE 1  |  |  |
| MEASUREMENTS | 1st Day(Start) | 15th Day(Diet 1) | 30th Day(Diet 2) | 45th Day(Diet 3) | 60h Day(Diet 4) | 75th Day(Diet 5) | 90h Day(Diet 6) |
| WEIGHT |  |  |  |  |  |  |  |
| WAIST |  |  |  |  |  |  |  |
| ABDOMEN |  |  |  |  |  |  |  |
| CHEST  |  |  |  |  |  |  |  |
| RIGHT-ARM (BICEP) |  |  |  |  |  |  |  |
| LEFT-ARM (BICEP) |  |  |  |  |  |  |  |
| HIPS |  |  |  |  |  |  |  |
| RIGHT-THIGH |  |  |  |  |  |  |  |
| LEFT-THIGH |  |  |  |  |  |  |  |

PLEASE NOTE:

* Update your weight & measurements at beginning of the program and update the same sheet every 15th day of your diet session (early morning, empty stomach)
* Update your measurements on completion of every session i.e., the 15th day on the chart above.
* This is a mandatory document to be filled at the start of the program, followed by every session (15 days)

 **PHASE 2**

|  |  |  |
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| PHASE 2 |  |  |
| MEASUREMENTS | 1st Day(Start) | 15th Day(Diet 1) | 30th Day(Diet 2) | 45th Day(Diet 3) | 60h Day(Diet 4) | 75th Day(Diet 5) | 90h Day(Diet 6) |
| WEIGHT |  |  |  |  |  |  |  |
| WAIST |  |  |  |  |  |  |  |
| ABDOMEN |  |  |  |  |  |  |  |
| CHEST  |  |  |  |  |  |  |  |
| RIGHT-ARM(BICEP) |  |  |  |  |  |  |  |
| LEFT-ARM(BICEP) |  |  |  |  |  |  |  |
| HIPS |  |  |  |  |  |  |  |
| RIGHT-THIGH |  |  |  |  |  |  |  |
| LEFT-THIGH |  |  |  |  |  |  |  |

PLEASE NOTE:

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