



**body measurements**



**CHEST**  
start  12 weeks

**WAIST**  
start  12 weeks

**GLUTES**  
start  12 weeks

**LEFT THIGH**  
start  12 weeks

**fit body by nikki**

**sleep tracker**

Days of sleep

|         | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---------|---|---|---|---|---|---|---|---|---|----|
| Night 1 |   |   |   |   |   |   |   |   |   |    |
| Night 2 |   |   |   |   |   |   |   |   |   |    |



# Fitness Planner Ebook

**S Ben Porath**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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