



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

Michael Brown

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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