

# ANZ 30-DAY CHALLENGE

## MEASUREMENT TRACKER

The scales don't tell the full story. Set your goals and take your measurements throughout the 30-Day Challenge to measure your success!

	Goal	Start	Day 9	Day 20	Day 30
Weight					
Neck					
Upper Arm L					
Upper Arm R					
Chest					
Waist					
Hips					
Thigh L					
Thigh R					
Calf L					
Calf R					

