



WEEKLY MEASUREMENTS TRACKER

WEEK ONE
weight in kg
bust
waist
hips
Glutes
Arms
Thighs

WEEK TWO
weight in kg
bust
waist
hips
Glutes
Arms
Thighs

WEEK THREE
weight in kg
bust
waist
hips
Glutes
Arms
Thighs

WEEK FOUR
weight in kg
bust
waist
hips
Glutes
Arms
Thighs

The Mum Gym