

# Week:



## Water Log

**M**

**T**

**W**

**Th**

**F**

Area to Measure		Inches
Bust/Chest		
Pecs		
Ribs		
Waist		
Abdomen		
Hips		
Upper Thigh	R	
	L	
Lower Thigh	R	
	L	
Calves	R	
	L	
Upper Arms	R	
	L	

## Word of the Week:

**Sa** **Su**

Good Sleep

M T W Th F Sa Su

I T-Tapped Today!

M T W Th F Sa Su