



sleep tracker

Days of sleep

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

body measurements



CHEST
start 12 weeks

WAIST
start 12 weeks

GLUTES
start 12 weeks

LEFT THIGH
start 12 weeks

fit down by 2021

Fitness Planner Ebook

Sabine Zange



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