

# MARCH TURN UP CHALLENGE

## Fitness Progress Chart for Women



Height (feet)
Height (inches)

Date	Weight (pounds)	Chest (inches)	Waist (inches)	Hips (inches)	Wrist (inches)	Forearm (inches)
3/1/2016						
3/8/2016						
3/15/2016						
3/22/2016						
3/31/2016						

Hosted by: @FemmeFitaleFitClub