

MEASUREMENT TRACKER

BEGINNING Of the 21-Day Bone Broth Diet:

Current Weight: _____

Current Measurements

Biceps: _____

Chest: _____

Waist: _____

Hips: _____

Thighs: _____

Current Body Fat: _____

Reflection on Goals:

1. _____

2. _____

3. _____

COMPLETION Of the 21-Day Bone Broth Diet:

Current Weight: _____

Current Measurements

Biceps: _____

Chest: _____

Waist: _____

Hips: _____

Thighs: _____

Current Body Fat: _____

Reflection on Goals:

1. _____

2. _____

3. _____

