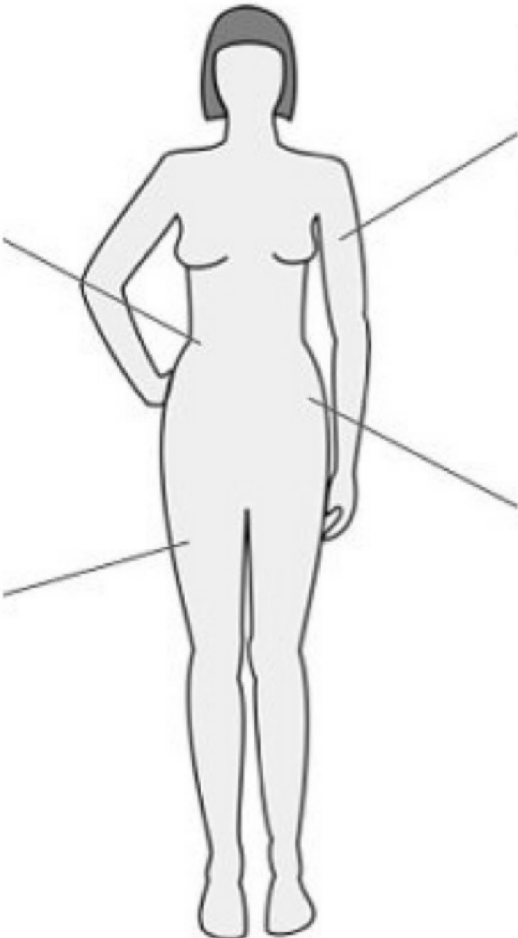


SVELTE



Arms

Week 1:
Week 2:
Week 3:
Week 4:
Week 5:
Week 6:

Waist

Week 1:
Week 2:
Week 3:
Week 4:
Week 5:
Week 6:

Hips

Week 1:
Week 2:
Week 3:
Week 4:
Week 5:
Week 6:

Thighs

Week 1:
Week 2:
Week 3:
Week 4:
Week 5:
Week 6:

Stats	Week-1	Week-2	Week-3	Week-4	Week-5	Week-6
Arms						
Waist						
Hips						
Thighs						
Weight						