Nutrition Log	Start Date:	End Date:	FLARE
Name:			FINESS
Short Term Goals:			
Long Term Goals:			
- 0			
Your Information		Month 1 (Checkup)	1
Weight:		Weight:	
Body Fat %:		Body Fat %:	
Neck Inches:		Neck Inches:	
Chest Inches		Chest Inches	
Waist Inches		Waist Inches	
Hip Inches		Hip Inches	
Thigh Inches		Thigh Inches	
Calves Inches:		Calves Inches:	
Forearms Inches:		Forearms Inches:	
Biceps Inches:		Biceps Inches:	
Total Inches:		Total Inches:	
			_
Comments & Notes:		Month 2 (Checkup)	
		Weight:	
		Body Fat %:	
		Neck Inches:	
		Chest Inches	
		Waist Inches	
		Hip Inches	
		Thigh Inches	
		Calves Inches:	
		Forearms Inches:	
		Biceps Inches:	
		Total Inches:	
		14 (1 0 (G) 1)	7
		Month 3 (Checkup)	
		Weight:	
		Body Fat %:	
		Neck Inches:	
		Chest Inches	
		Waist Inches	
		Hip Inches	
		Thigh Inches Calves Inches:	
		Forearms Inches: Biceps Inches:	
		Total Inches:	
Ī		rotal inches.	1