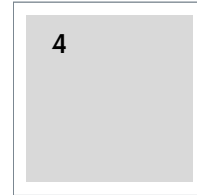
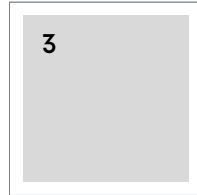
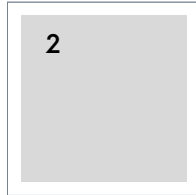
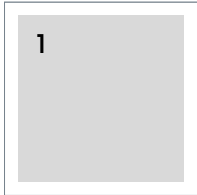
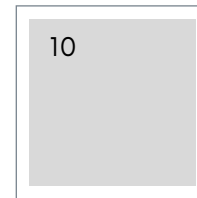
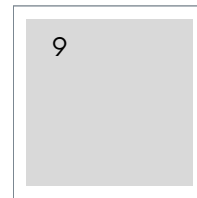
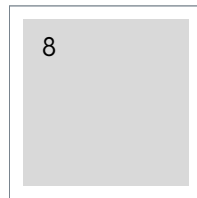
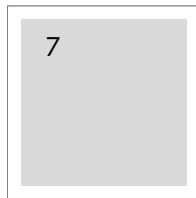
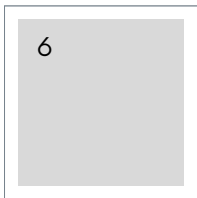


SUGAR FREE Challenge

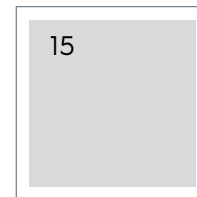
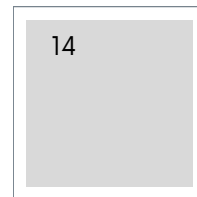
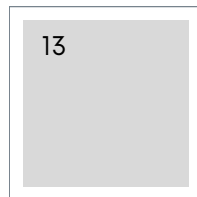
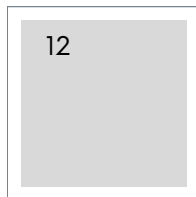
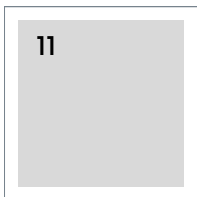
STARTING WEIGHT:



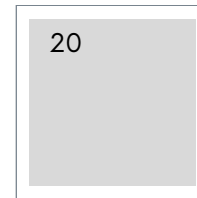
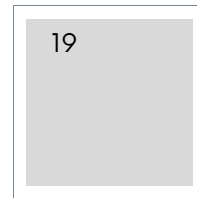
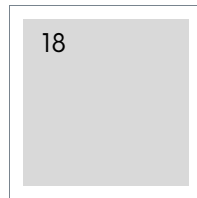
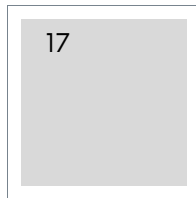
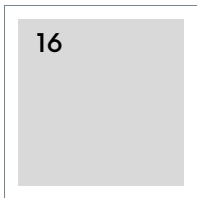
LBS LOST:



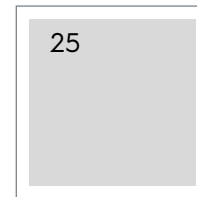
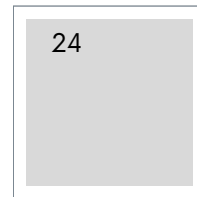
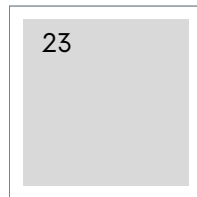
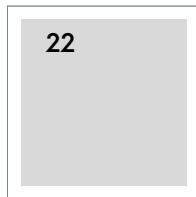
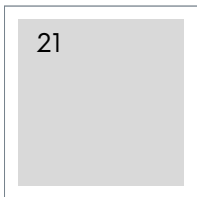
INCHES LOST:



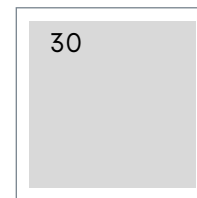
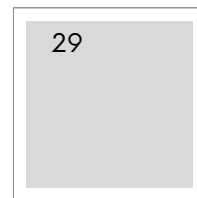
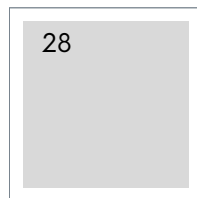
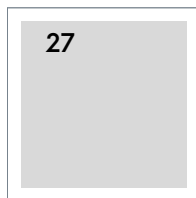
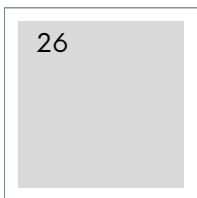
LBS LOST:



INCHES LOST:



LBS LOST:



INCHES LOST:

TOTAL WEIGHT LOSS:

TOTAL INCHES LOST:

Body Measurements

STARTING DATE:

ENDING DATE:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WEIGHT				
CHEST				
ARM	L: R:	L: R:	L: R:	L: R:
WAIST				
HIPS				
THIGH	L: R:	L: R:	L: R:	L: R: