

Body Measurement CHART



The FIT TUTOR



WORKOUTS FOR BUSY WOMEN

Body Part	Week	Week	Week	Week	Week	Week	Week	Week	Week	Week
Neck										
Shoulders										
Chest										
Arm										
Waist										
Abdomen										
Butt/Hips										
Thigh										
Calf										
Waist to Hip Ratio										
Notes:										