

DON'T SAY DIET

Weight Chart - Male

Starting size:	
Goal weight:	

Date						
Weight						
Chest						
Waist						
Right Arm						
Left Arm						

Date						
Weight						
Chest						
Waist						
Right Arm						
Left Arm						

Date						
Weight						
Chest						
Waist						
Right Arm						
Left Arm						

Date						
Weight						
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