



SEPT 16 - NOV 10

SEPT 2017 MEASUREMENTS

PLAYER NAME:

Use this sheet to record your pre-Challenge and post-Challenge measurements. Once complete, input your results into under **"My Profile"** in the game – your inputs there will determine your final position on your Team's leaderboard.

BEFORE

MEASUREMENTS			WORKOUT
WAIST	HIPS	TOTAL	

AFTER

MEASUREMENTS			WORKOUT
WAIST	HIPS	TOTAL	