

## Soph-obsessed Eight Week Weight Loss Challenge!

Today's Date: \_\_\_\_\_

Current Measurements:

Waist: \_\_\_\_\_

Arms: \_\_\_\_\_

Thighs: \_\_\_\_\_

Hips: \_\_\_\_\_

Weight: \_\_\_\_\_

Date in

Eight Weeks: \_\_\_\_\_

Target Weight: \_\_\_\_\_

Why do I want to do this challenge?

(Use this as your motivation if you find yourself wobbling!)

Measurements					
Week	Waist	Arms	Thighs	Hips	Weight
1					
2					
3					
4					
5					
6					
7					
8					