

# ME BEFORE THE B3 CHALLENGE



Before I started I was struggling with... *♡♡*

Happiness from 1 to 10:

Weight:

### Measurements (right and left)

Neck: Upper Arms:

Chest: Waist:

Lower Tummy: Hips:

Upper Legs: Above Knees: Calves:

# ME AFTER 28 DAYS ON THE B3 CHALLENGE



Now I feel improvements in these areas... *♡♡*

Happiness from 1 to 10:

Weight:

### Measurements (right and left)

Neck: Upper Arms:

Chest: Waist:

Lower Tummy: Hips:

Upper Legs: Above Knees: Calves: