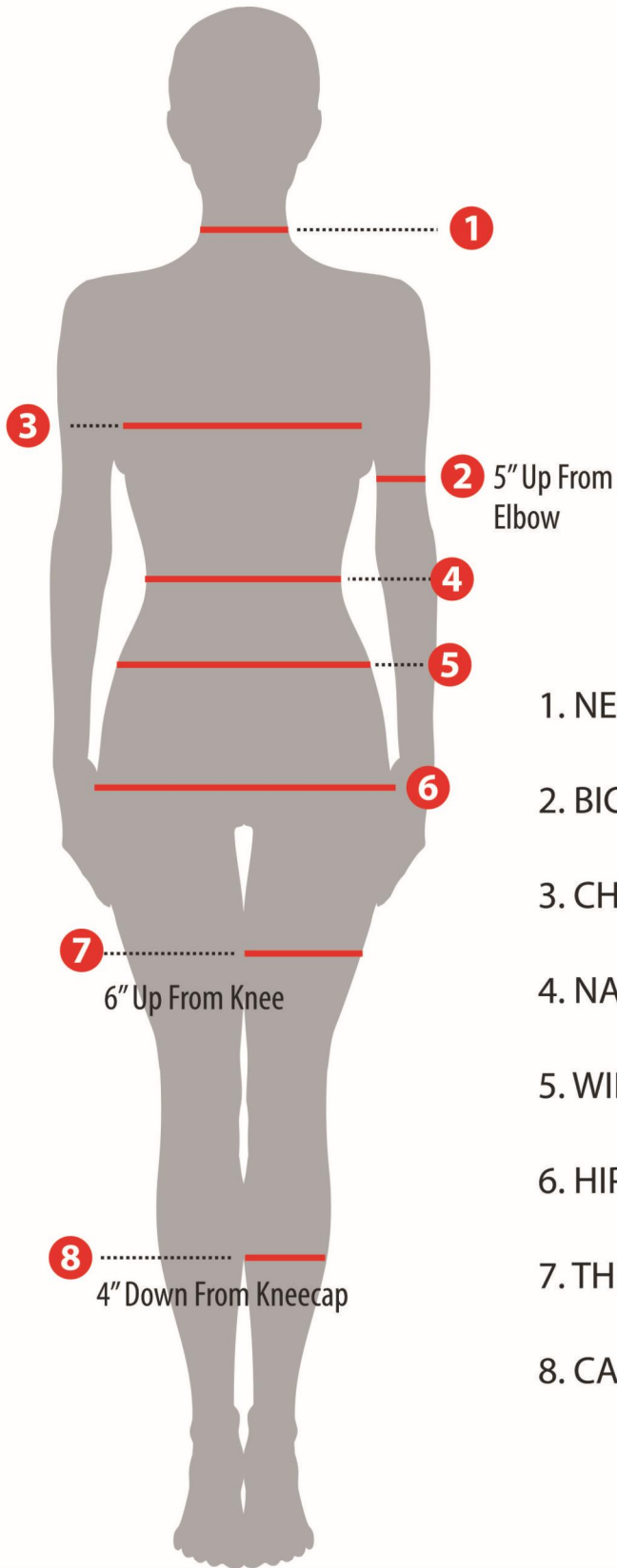


PFC Plate Challenge

STARTING BODY MEASUREMENTS



RECORD YOUR MEASUREMENTS

Measuring key areas of your body is the best way to track the fat you burn and the muscle mass you build. Measure these areas of your body at the same time each day, ideally when you wake in the morning, and wearing the same type of form-fitting clothing each time

1. NECK _____
2. BICEP _____
3. CHEST _____
4. NARROWEST WAIST _____
5. WIDEST WAIST _____
6. HIPS _____
7. THIGH _____
8. CALF _____