

HITFAT BODY TRACKER



4 MINGGU **HITFAT**
HOME

HITFAT BODY TRACKER



TRACK BERAT "BEFORE" DAN "AFTER" ANDA

BEFORE (HARI 0)

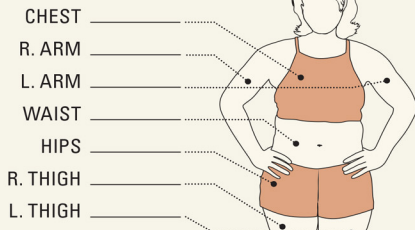
MINGGU 2

MINGGU 4

Ambil gambar "Before" pada hari pertama anda mula workout dengan program ini. Apabila anda tamat program, ambil gambar "After" anda.

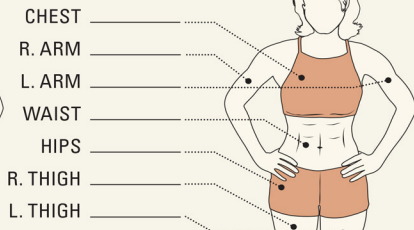
Guna Hitfat Body Tracker untuk track ukuran badan anda.

RECORD "BEFORE" STATS



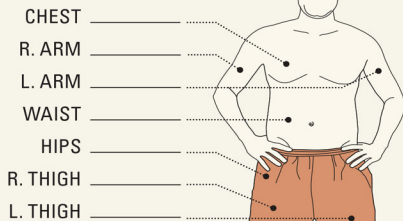
TOTAL INCHES _____
WEIGHT _____

RECORD "AFTER" STATS



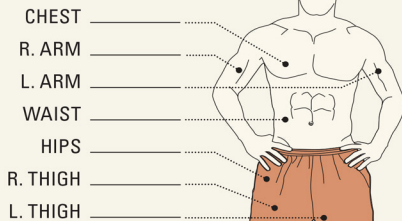
TOTAL INCHES _____
WEIGHT _____

RECORD "BEFORE" STATS



TOTAL INCHES _____
WEIGHT _____

RECORD "AFTER" STATS



TOTAL INCHES _____
WEIGHT _____