



TRACKER

Wellness Goals

Measurements

	Start	Finish
Weight		
Chest		
Waist		
Hip		
Thigh		

Week 1

What changes have you felt? (Circle all that apply, note any others)

Pain Relief Better Mood Less Anxious Clothes Fit Better Faster Workout Recovery
 Less Stress Better Sleep Improved Digestion Clearer Skin Smoother Skin Softer Skin

What changes have you made?

Week 2

What changes have you felt? (Circle all that apply, note any others)

Pain Relief Better Mood Less Anxious Clothes Fit Better Faster Workout Recovery
 Less Stress Better Sleep Improved Digestion Clearer Skin Smoother Skin Softer Skin

What changes have you made?

Week 3

What changes have you felt? (Circle all that apply, note any others)

Pain Relief Better Mood Less Anxious Clothes Fit Better Faster Workout Recovery
 Less Stress Better Sleep Improved Digestion Clearer Skin Smoother Skin Softer Skin

What changes have you made?


Week 4

What changes have you felt? (Circle all that apply, note any others)

Pain Relief Better Mood Less Anxious Clothes Fit Better Faster Workout Recovery
 Less Stress Better Sleep Improved Digestion Clearer Skin Smoother Skin Softer Skin

What changes have you made?

Final Results What changes did you experience?

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