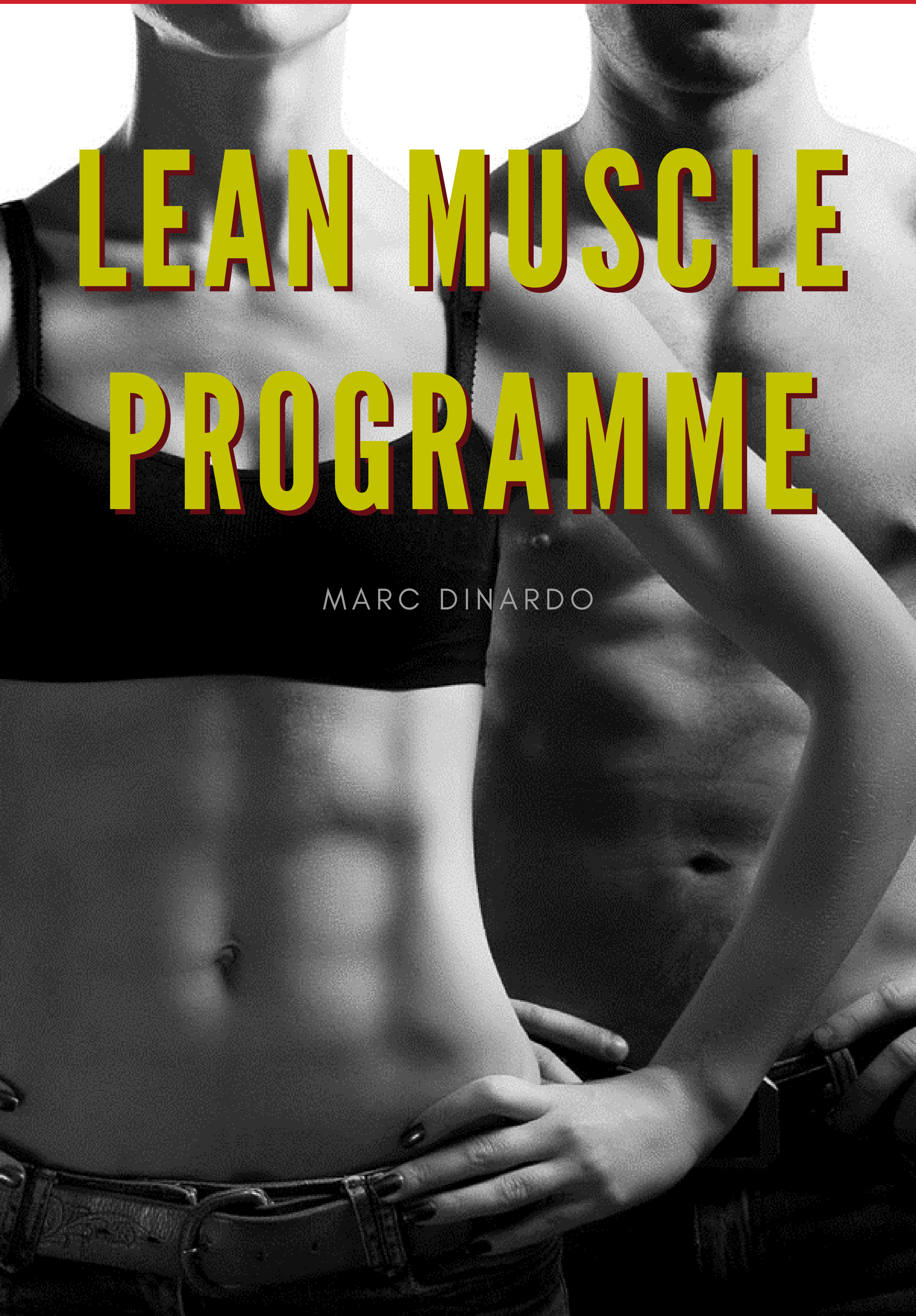


"THE PAIN YOU FEEL TODAY WILL BE THE STRENGTH  
YOU FEEL TOMORROW. ENJOY THE GAINS!"

# LEAN MUSCLE PROGRAMME

MARC DINARDO



# **NUTRITION, TRAINING & LIFESTYLE**

# ACTION PLAN

## Primary Goal: Build muscle, improve strength and increase power

Welcome to the Lean Muscle (LM) Program. If you are looking to add lean strong muscle to your body, as well as boosting your strength, then this program is for you.

It is ideal for males and females who would like a dedicated strength and muscle building program that delivers real results.

Within this complete program you will find the key information and resources that you will need for sustainable and effective muscle building. Apply this and stay consistent to it and you will achieve great results.

Below you will find some further details on what to consider during this program.

### Nutrition

The primary goal of this program is to ensure you gain *lean* muscle mass every month. This means you do not need to gain excessive body fat with this process.

To ensure your body only adds lean muscle, your diet will play an important factor throughout this program. You can do all the training in the world to add muscle to your body, but if you don't support it via nutrition optimally, you will see poor results.

An important aspect to get right is to understand how much you are eating on a consistent basis. Therefore our primary goal for this program is to calculate how many calories you need to consume daily. We also know the importance of how your daily protein, carbohydrate and fat intake are too, so that must be calculated before starting. You will find more info on how to do this soon.

The meal planner below is to provide you a basic structure and an ideal template to follow. Use the suggested meals from it to create great tasting food every day. You don't need to eat every meal suggested on this plan; it's simply a template for you to use to guide your daily decisions and choices.

Make sure you create great tasting, varied and nutritious meals. Don't just eat a plain chicken breast with some boring veg, spice it up and get creative with it all. You know you have got this right when you actually look forward to your meals and enjoy eating.

So without starting out too complicated, I want you to focus on the following:

1. Calculate your recommended calorie and macronutrient intake (see below)
2. Aim to be within 5% of your recommended macronutrient intake daily
3. Use a food tracker such as [www.MyFitnessPal.com](http://www.MyFitnessPal.com) to record and track

## Training

Your Lean Muscle training program has been created to optimize muscle building and strength. It is simple yet highly effective, and it's recommended that you stick to it as closely as possible.

A key component to it will be ensuring you are progressing in the key compound lifts on a weekly basis. Along with the addition of some advanced muscle building techniques, this creates the perfect muscle-building environment.

Also to consider is your rest and recovery rate, as this is also critical to your results. You do have to train hard and heavy to add lean muscle mass, but you must also learn how to recover from this type of training too. When you can find the perfect balance between intense training and recovery, you will see the best progress.

This means reducing or limiting any cardio or extra exercise as much as possible during this program. So be sure to train as hard as you can when required, and then get plenty of rest in-between.

When it comes to this program, quality over quantity is the motto.

In this program you will find a training planner, which outlines an ideal template for the suggested workouts. Just like with the nutrition plan this doesn't need to set in stone for your success. It can and likely should be adjusted to suit your routine and schedule.

## Lifestyle

We have already put into place the most important factors for your success.

So for the meantime, I simply want you to focus on the above and make those consistent changes to your current routine.

But aiming for 7-8 hours of quality sleep each night and finding some time to unwind or relax daily will greatly improve your health and well being too.



The Lean Muscle Programme has been developed by Marc Dinardo, REPS Level 3 Personal Trainer & Sports Therapist with over 12 years fitness industry experience.

Contact Marc with any questions you may have while starting or using this programme.

07584 623227 | [marc@fitnessismylife.co.uk](mailto:marc@fitnessismylife.co.uk)

**SET YOUR GOALS!**

# CALCULATE YOUR CALORIE & MACRONUTRIENT INTAKE

A key factor to ensuring you build lean muscle on this program is creating a daily calorie surplus i.e. you start eating more than your body needs.

Ideally this surplus should be as small as possible; to ensure your health and body fat remains intact over the course of this program. The goal is NOT to get fat, but to simply supply the body with just enough energy to help it recover and grow from your weight training sessions.

By taking some time now to use the information and calculator below to determine your ideal starting point, you're creating an effective yet sustainable process over the coming months to your goals.

***Do not skip this step – it is the critical component to personalizing this program for your exact needs and goals.***

***Please read all of the information on the below website and use the in-built calculator to determine the ideal starting point for you.***

Calorie and macronutrient calculator -> <http://flexible-diet.co.uk>

It's important to track your food intake for 1-3 days prior to changing anything. That's so you can compare your existing calorie and macronutrient intake to your calculated one.

If you are only a few hundred calories away from your recommended intake, then feel free to transition onto this when are ready to start.

If you find you are already under eating well below (500+ kcals) the calorie recommendations from this calculation, then I'd typically recommend increasing overall calories by 100kcal at a time, and assessing every 7-14 days before further changes. For muscle gain, the ideal weight increase is 1-2 pounds per month.

This same process can be applied every 7-14 days, with small adjustments being made when required.

Your protein intake will likely stay the same throughout these adjustments; so make adjustments to your daily fat or carbohydrate intake.

When I talk about making adjustments to your macronutrient numbers, I'm talking about your daily totals. It's these that will deliver the results. Of course you can look into the exact breakdown of these for each meal too. You might find you do better with more carbohydrates in the morning, or perhaps less fat in certain meals. This is all about listening to your body and developing a nutrition set up that suits you

# MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast (Meal 1)</b>  (Ideally 30-60 min after waking e.g. 7-8am)	Creamy millet porridge with a serving of protein powder	Left over turkey burger wrapped in smoked bacon rashers served with fried tomatoes	Herby Sausages With grilled tomato in herbs + handful of fresh berries	Eggs baked in Avocado + handful of fresh berries	Creamy mushrooms on toast with a serving of ham + handful of fresh berries	Greens smoothie with a serving of protein powder	Smoked bacon rashers with grilled tomato in herbs
<b>Lunch (Meal 2)</b>  (Ideally 3-4 hours after meal 2 e.g. 12-1pm)	Thai beef salad	Mango and chicken salad	Salmon and asparagus fajita wraps	Detox salad served with left over turkey steak	Leftover sticky chicken served with a chunky mixed salad	Quick Thai shrimps with a green salad and ginger dressing	Egg white omelette with smoked trout + handful of fresh berries
<b>Snack (Meal 3)</b>  (Ideally between lunch and dinner e.g. 4pm)	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake
<b>Workout Nutrition (If applicable)</b>	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder
<b>Dinner (Meal 4)</b>  (Ideally 3-4 hours after meal 3 e.g. 7.30-8.30pm or 60-120 min post workout)	Turkey burger wrapped in smoked bacon rashers, served with sweet potato mash and grated carrots  Remaining macros as you see fit.	Easy tofu curry  Remaining macros as you see fit.	Grilled turkey steak served with roasted sweet peppers and potatoes  Remaining macros as you see fit.	Veg and mango rice with sticky chicken  Remaining macros as you see fit.	Simple poached salmon served with baby potatoes and asparagus  Remaining macros as you see fit.	Meal Out – Enjoy!	Homemade chicken paella  Remaining macros as you see fit.



# SUPPLEMENT GUIDE

Base Supplements (use daily):

- **Whey Protein Powder – Health, Strength, Mass builder, Fat loss**

Whey protein makes up to 20% of the protein in milk. Whey is the most effective protein for increasing muscle protein synthesis, the process in muscle cells that results in muscle growth. There are numerous reasons why whey is so effective, such as its high content of branched-- chain amino acids (BCAAs) and its ability to boost blood flow to muscles.

**Dosage:** As required but limit to 1-2 servings per day

You may be interested in:



**10% OFF  
ALL XS  
SPORTS  
NUTRITION  
BUNDLES\***

**PROTEIN BUNDLE**  
700G HYDROLYSED  
WHEY PROTEIN  
+ 24 PROTEIN BARS

**PROTEIN  
BUNDLE**  
~~£125.15~~  
**£112.60**

[XS Sports Nutrition Protein Bundle](#)



**SAMPLE PACK**  
ISALEAN SHAKE X3  
+ ISALEAN PROTEIN BAR  
+ AMPED HYDRATE + E-SHOT  
+ ISADELIGHT + SHAKER

**SAMPLE  
PACK**  
~~£24.00~~  
**£18.00**

[Isagenix Sample Pack](#)

- **Vitamin D - Health, Strength, Mass builder, Fat loss**

Vitamin D is important for bone health as it enhances the body's ability to absorb calcium. Yet research shows that vitamin D is critical for so much more than just bone health.

Vitamin D has been shown to improve mood, aid immune function, fight off cancers, and keep fat off. Plus, it's now known to be critical for muscle strength and growth, as well as increasing testosterone levels in males.

Most multivitamins don't contain enough vitamin D so it's a good idea to take vitamin D supplement in addition to a multi.

**Dosage:** Take 1,000-4,000 IU of vitamin D<sub>3</sub> daily (cholecalciferol – the more potent form of D)

You may be interested in:



[VitaPremium Maximum Strength Vitamin D3](#)

- ***Creatine - Mass Builder, Strength, Energy Production, Health***

Made from the three amino acids arginine, glycine and methionine, creatine is technically an amino acid supplement, not an individual amino.

Creatine boosts lean muscle mass gains by about 10 pounds and strength by about 10% in just a few weeks, even in highly trained lifters. Creatine helps bolster levels of creatine phosphate, which in turn boosts adenosine triphosphate (ATP), the ultimate energy source for muscles.

**Dosage:** Depending on the form of creatine you use, take about 5g of creatine with your post workout protein shake.

You may be interested in:



[Optimum Nutrition Creatine Powder](#)

- ***Nitrates (Beetroot Extract) – Health, Strength, Performance, Mass Builder***

Nitrates are a compound found in leafy green vegetables and beetroot. Nitrates break down into nitrites, which circulate in the body and are turned into nitric oxide (NO) as needed. Elevated NO levels during exercise provide a variety of benefits. Nitrate supplementation has been shown to improve anaerobic and aerobic endurance, blood flow, and work output, resulting in increased muscle recovery between bouts of exercise. Nitrates improve the body's ability to produce adenosine triphosphate (ATP) from the food you eat. ATP is responsible for the energy transfer that powers your muscles. High levels of circulating nitrite help the mitochondria in cells produce ATP more efficiently.

**Dosage:** 500-1000 mg of beetroot extract 60-120 minutes before workout.

You may be interested in:



[Nature's Way Beetroot Extract](#)

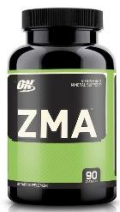
- **ZMA**

ZMA is a patented combination of zinc and magnesium aspartate plus vitamin B's. Its benefits are supported by strong clinical research. ZMA increases anabolic hormone levels, including testosterone and IGF-1, which may otherwise be suppressed in athletes and those who train intensely.

ZMA also improves the quality of sleep. Better recovery due to enhanced sleep efficiency and increased anabolic hormone levels, as well as greater gains in muscle strength and power, are the ultimate benefits of ZMA supplementation.

**Dosage:** Take one dose of ZMA (ideally 30mg of zinc, 450mg of magnesium and 10.5mg of B6, on an empty stomach) 60 minutes before bedtime.

You may be interested in:



[Optimum Nutrition ZMA](#)

### Workout Nutrition:

Workout drink containing Branch Chain Amino Acids (BCAA's), creatine and B-vitamins. Carbohydrates are optional.

**Dosage:** 1 serving per 30-60 minute workout.

You may be interested in:



[XS Sports Nutrition Pre-Workout](#)

# TRAINING PLAN

# TRAINING PLANNER

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type	Weight Training Day 1	Low intensity exercise e.g. walking/cycling	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 3	Weight Training Day 4	Rest Day
Time & Duration	Up to 60 minutes	Up to 30 minutes	Up to 60 minutes	Up to 30 minutes	Up to 60 minutes	Up to 60 minutes	Foam rolling /mobility as needed
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type	Weight Training Day 1	Low intensity exercise e.g. walking/cycling	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 3	Weight Training Day 4	Rest Day
Time & Duration	Up to 60 minutes	Up to 30 minutes	Up to 60 minutes	Up to 30 minutes	Up to 60 minutes	Up to 60 minutes	Foam rolling /mobility as needed
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type	Weight Training Day 1	Low intensity exercise e.g. walking/cycling	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 3	Weight Training Day 4	Rest Day
Time & Duration	Up to 60 minutes	Up to 30 minutes	Up to 60 minutes	Up to 30 minutes	Up to 60 minutes	Up to 60 minutes	Foam rolling /mobility as needed
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type	Weight Training Day 1	Low intensity exercise e.g. walking/cycling	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 3	Weight Training Day 4	Rest Day
Time & Duration	Up to 60 minutes	Up to 30 minutes	Up to 60 minutes	Up to 30 minutes	Up to 60 minutes	Up to 60 minutes	Foam rolling /mobility as needed

# TRAINING PROGRAM

## DAY 1

**A1** Flat Barbell Bench Press (Explosive reps – drive up as hard as you can)

3 explosive reps per set

2-3 constant tension warm up sets + 5 work sets (RAMPED - increasing weight each set until max for day)

**Progression: Wk1:                      Wk2:                      Wk3:                      Wk4:**

**B1** Seated Chest Machine Press (explosiveness – drive up as hard as you can)

12, 10, 8, 6 explosive reps

1 warm up sets + 4 work sets (increase weight each set – go to failure on all work sets)

**B2** Seated Dumbbell/Machine Shoulder Press (explosiveness – drive up as hard as you can)

12,10, 8, 6 explosive reps

4 work sets (RAMPED - increasing weight each set to reach max)

**Progression: Wk1:                      Wk2:                      Wk3:                      Wk4:**

**C1** Explosive Bodyweight Dips (explosive reps – drive up as hard as you can)

12, 10, 8, 6 reps

**C2** Explosive bodyweight Push Ups (explosive reps – drive up as hard as you can)

12, 10, 8, 6 reps

**D1** Dumbbell Side Lateral Raises (aiming for maximum pump in shoulders)

12 smooth, full range reps to side of the body while maintaining tension

1 warm up set followed by 3 work sets to failure

**E1** Rear Delt Flies (aiming for maximum pump in rear delts)

1 giant set – starting at 20 reps to failure, reduce weight, go to failure, reduce weight and go to failure.

Keep tension on the delts for the entire movement

## DAY 2

**A1** Seated Cable Row (aiming for maximum pump in the back)

6 smooth, full range reps (1 second contraction at top)

2-3 warm up sets + 6 work sets (RAMPED - adding weight each set to reach max)

**Progression: Wk1:                      Wk2:                      Wk3:                      Wk4:**

**A2** Bodyweight Pull Ups

12, 10, 8, 6 constant tension reps with squeeze at top<sup>[SEP]</sup>

4 work sets with bodyweight only

**Progression: Wk1:                      Wk2:                      Wk3:                      Wk4:**

**B1** Top Half Lat Pulldown Machine (pulling to top of head)

12, 10, 8, 6 reps with constant tension throughout

4 work sets (RAMPED – increase weight each set)

**C1** Plate Shrugs (use 20kg plate in each hand by your sides)

12, 10, 8, 6 reps (2 second contraction at top of shrug)

**C2** Barbell High Pull (explosive reps, drive up as hard as you can)

6 explosive reps (resetting above the knees between each rep)

Repeat for 4 sets

**D1** Cable Shrug (aiming for maximum pump in the upper back)  
10 smooth, constant tension reps (3 second contraction at top)

**D2** Cable Bent Over Pullovers  
10 explosive reps with 1 second squeeze at bottom for 3 sets  
Repeat for 4 sets

**E1** Overhead Barbell Push Press  
3 reps with maximum acceleration and drive from hips  
2-3 warm up sets and then ramped to max weight (4-8 sets)

**Progression: Wk1:                      Wk2:                      Wk3:                      Wk4:**

### **DAY 3**

**A1** Hamstring Extension (aiming for maximum pump in hamstrings)  
Reps 20,15,10, full and smooth (constant tension), rhythmic pump reps (with 25 bottom partial rep's on final set)  
Repeat 3 circuits

**B1** Barbell Back Squats (explosive reps, drive up as hard as you can)  
3 explosive reps for 6 work sets (RAMPED - add weight each set to reach max for day)

**Progression: Wk1:                      Wk2:                      Wk3:                      Wk4:**

**C1** Dead Stop Hack Squat (pause at bottom position for 2 seconds and push up hard to full lock out)  
Reps 12, 10, 8, 6 (explosive on the way up, controlled negative then pause)  
4 sets adding weight each time.

**Progression: Wk1:                      Wk2:                      Wk3:                      Wk4:** <sup>[SEP]</sup>

**D1** Seated Leg Extensions (aiming for maximum pump in quads)  
Reps 20,15,10, full and smooth (constant tension), rhythmic pump reps (with 25 bottom partial rep's on final set)

**D2** Weighted Jump Squats (jumping high as possible with weight in hands)  
6 reps for 3 sets, aiming for maximum height on every rep.

**E1** Seated Calf Raises (hold squeeze at top for 1 second)  
Reps 15-20 (focus on keeping constant tension on muscle)

**E2** Donkey Calf Raises (hold stretch position for 1 second)  
Reps 8-12 (focus on keeping constant tension on muscle)  
Repeat 3 circuits <sup>[SEP]</sup>

### **DAY 4**

**A1** Pin Wheel Curls

**A2** Close Grip Bench Press  
10-12 reps (focusing on constant tension – no lockout at top)  
1-2 warm up sets + 3 work sets

**B1** Cable Bicep Curl (constant tension)

**B2** Behind the neck Triceps Extensions (constant tension)

Use 10,10,10 method – 10 bottom partials, 10 top partials, 10 full ROM reps without rest (keep tension on working muscles)

2 working sets (make these BURN)

### **C1** Single arm alternating Dumbbell Curls

### **C2** Straight bar Push Downs

12, 10, 8, 6 reps (focusing on maximum acceleration and weight with good form)

3 sets (same weight for all)

**Progression: Wk1:**                      **Wk2:**                      **Wk3:**                      **Wk4:**

### **D1** Incline Seated Dumbbell Curls

Get stretch at bottom and hold this for 10 seconds on last rep of each set

### **D2** Cable Triceps Kickbacks

10-12 reps (focusing on full ROM and getting maximum stretch from muscle)

3 sets

## **CORE WORKOUT (complete after every session)**

- **Mini Crunch**

Lie down on your back, draw your navel in, and then lift your head and shoulder blades off the ground. Keep your chin tucked down towards your chest. Slide your hands along the ground to your feet. This is a very small movement; you should be aiming to produce a large contraction in your abdominals. *Hold for 5-10 seconds before lowering back down in a controlled manner, then repeat 10 times.*

- **Side Crunches**

Lie face up, your knees together bent 90 degrees. Without moving your upper body, lower your knees to the right so that they're touching the floor. Place your fingers behind your ears. Raise your shoulders toward your hips. Pause for 1 second, and then take 2 seconds to lower your upper body. *Repeat 15 times for each side.*

- **Hanging Leg Raise**

Hang from a chin-up bar with both arms extended at arm's length in top of you using either a wide grip or a medium grip. The legs should be straight down with the pelvis rolled slightly backwards. This will be your starting position. Raise your legs until the torso makes a 90-degree angle with the legs. Exhale as you perform this movement and hold the contraction for a second or so. Go back slowly to the starting position as you breathe in. *Repeat 10 times.*

- **Plank**

The plank position should be performed face down supported only on the knees or toes and elbows. Elbows should be positioned directly underneath the shoulders, with a long line from your head down to your bottom or heels. *Hold for 60seconds.*

**Repeat this whole circuit 3 or 4 times**



# PROGRESS DIARY

# MEAL PLANNER TEMPLATE

MEAL PLANNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast (Meal 1)							
Snack (Meal 2) <i>This is optional if hungry</i>							
Lunch (Meal 3)							
Snack (Meal 4)							
Workout Nutrition <i>(When applicable)</i>							
Dinner (Meal 5)  + Remaining macros as see fit							

# MACRONUTRIENT TRACKER

You will find some important information below to ensure you get the best results from following this plan.

Once you are consistent with your ideal starting daily caloric intake and macronutrient breakdown, you'll likely need to adjust it for ongoing progress.

It typically takes between 2 and 4 weeks to determine whether a nutrition or training routine is working. Consistency during this time is critical.

If changes need to be made, the first point of call is to adjust your daily calories. I'm a fan of only adjusting these by small amounts as a time – reaping the most from the least.

I'd typically recommend increasing overall calories by 100kcal at a time, and assessing every 7-14 days before further changes. For muscle gain, the ideal weight increase is 1-2 pounds per month.

The tracker below lets you do just that, and helps you record any changes made to these numbers.

## MACRONUTRIENT TRACKER

MACROS	DAILY CALORIES	PROTEIN (G)	FATS (G)	CARBS (G)
ORIGINAL				
ADJUSTMENT 1				
ADJUSTMENT 2				
ADJUSTMENT 3				
ADJUSTMENT 4				
ADJUSTMENT 5				
ADJUSTMENT 6				
ADJUSTMENT 7				
ADJUSTMENT 8				
ADJUSTMENT 9				
ADJUSTMENT 10				
ADJUSTMENT 11				
ADJUSTMENT 12				

# DIET, EXERCISE AND SLEEP DIARY

Below is an example daily food & lifestyle diary that you can complete for a recommended time frame. This will help you build a report to identify specific elements that may need to be improved to maximize the results. The more detail you include, the better the report, the better your results.

## LIFESTYLE DIARY:

- How have you felt overall today?

- What time did you go to bed last night?

- What time did you wake up this morning?

- How was the quality of your sleep?

- How did you feel this morning?

- Supplements taken?

# DAILY FOOD DIARY

DAY/DATE:		
TIME/MEAL	FOOD + AMMOUNT	COMMENTS

# TRAINING PLANNER

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type							
Time & Duration							
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type							
Time & Duration							
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type							
Time & Duration							
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type							
Time & Duration							

# PROGRESS RECORDER

MEASUREMENT	START Week 0	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Scale weight													
Waist Size – 2" Above Belly Button													
<b>Waist Size - At Belly Button</b>													
Waist Size – 2" Below Belly Button													
Bodyfat Reading (scales/calibr es)													
Pictures?	Yes				Yes				Yes				Yes

MEASUREMENT	WEEK 13	WEEK 14	WEEK 15	WEEK 16	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
Scale weight												
Waist Size – 2" Above Belly Button												
<b>Waist Size - At Belly Button</b>												
Waist Size – 2" Below Belly Button												
Bodyfat Reading (scales/calibres )												
Pictures?				Yes				Yes				Yes