



Boot Camp Diary (complete in week 1)

Weight: kg/lb

Measurements:

Chest Biceps Waist Thigh Calf

Positive points about my health and fitness:

.....
.....

My goals on this boot camp:

.....



Stick a photo here of you wearing tight fitting clothes/underwear to help you see any differences in size and shape from week 1 to the end of the boot camp



Boot Camp Diary (complete in final week)

Weight: kg/lb

Measurements:

Chest Biceps Waist Thigh Calf

Positive points about my health and fitness:

.....
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My achievements on this boot camp:

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Stick a photo here of you wearing tight fitting clothes/underwear to help you see any differences in size and shape from week 1 to the end of the boot camp