



Petal & Paper

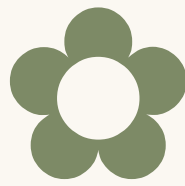
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Body recomposition tracker



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B O D Y R E C O M P O S I T I O N

recomposition log

Week · ____ **Date:** ____ **Weight:** ____kg **Change:** ____

Chest · ____cm **Waist:** ____cm **Hips:** ____cm

Upper arm · ____cm **Thigh:** ____cm **Calf:** ____cm

Body fat % (if measured) · ____% **Method:**

Progress photo · Taken: ☐ **Comparison:** _____

Training this week · Sessions: ____ **Protein avg:** ____g/day

What's working · _____

B O D Y R E C O M P O S I T I O N I S S L O W · T R U S T
T H E P R O C E S S · M E A S U R E E V E R Y T H I N G

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