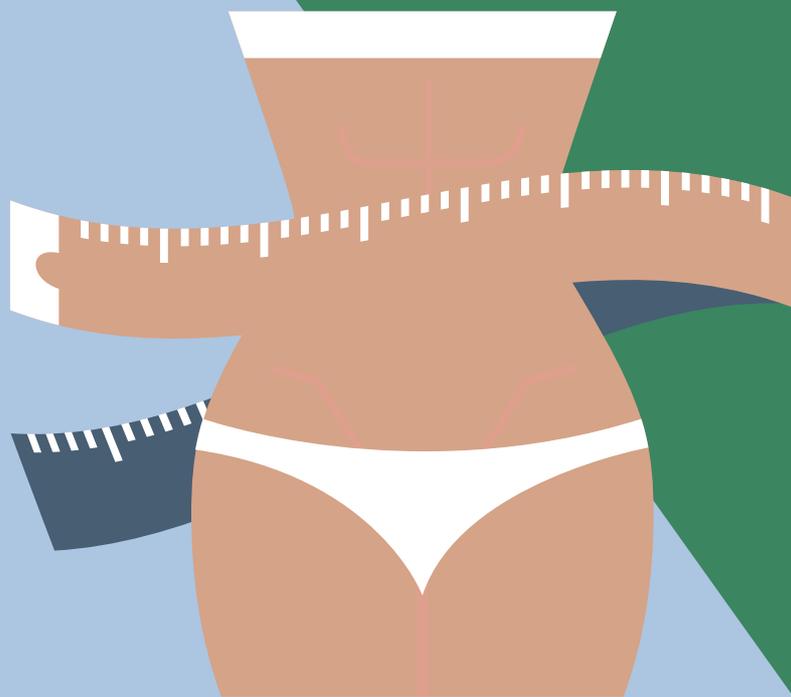


THE ULTIMATE FITNESS

TRACKER

Measure and track your 12-month fitness journey



NuCellf.™

FITNESS GOALS

January

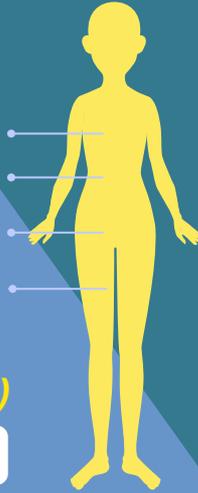
Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



Weight(Lbs)



Exercise Frequency



Daily Liters of Water

How to Achieve These Goals



Important Reminders



FITNESS GOALS

February

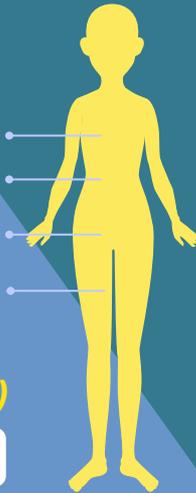
Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



Weight(Lbs)



Exercise Frequency



Daily Liters of Water

How to Achieve These Goals



Important Reminders

FITNESS GOALS

March

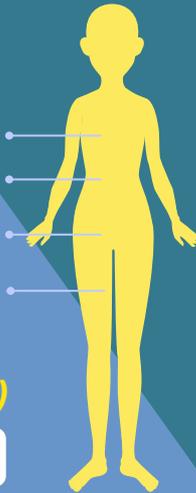
Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



Weight(Lbs)



Exercise Frequency



Daily Liters of Water

How to Achieve These Goals



Important Reminders



FITNESS GOALS

April

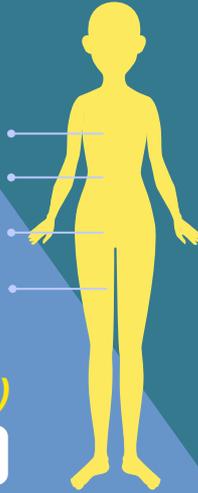
Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



Weight(Lbs)



Exercise Frequency



Daily Liters of Water

How to Achieve These Goals



Important Reminders

FITNESS GOALS

May

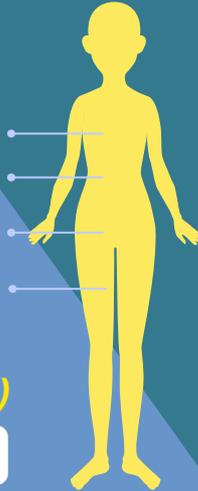
Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



Weight(Lbs)



Exercise Frequency



Daily Liters of Water

How to Achieve These Goals



Important Reminders

FITNESS GOALS

June

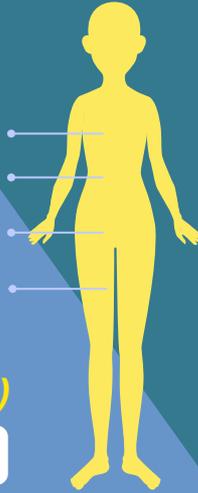
Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



Weight(Lbs)



Exercise Frequency



Daily Liters of Water

How to Achieve These Goals



Important Reminders

FITNESS GOALS

July

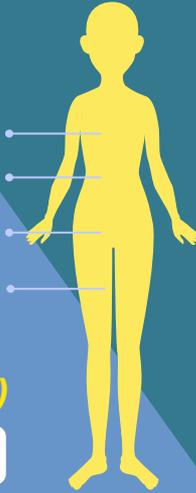
Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



Weight(Lbs)



Exercise Frequency



Daily Liters of Water

How to Achieve These Goals



Important Reminders

FITNESS GOALS

August

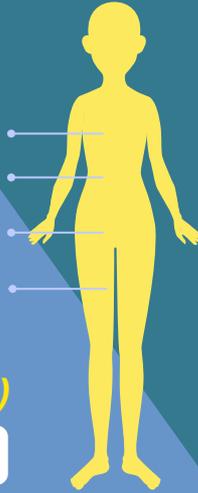
Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



Weight(Lbs)



Exercise Frequency



Daily Liters of Water

How to Achieve These Goals



Important Reminders

FITNESS GOALS

September

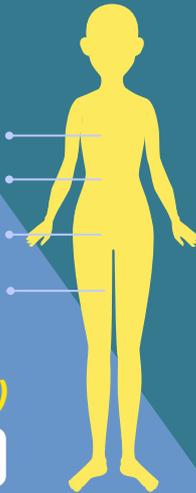
Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



Weight(Lbs)



Exercise Frequency



Daily Liters of Water

How to Achieve These Goals



Important Reminders

FITNESS GOALS

October

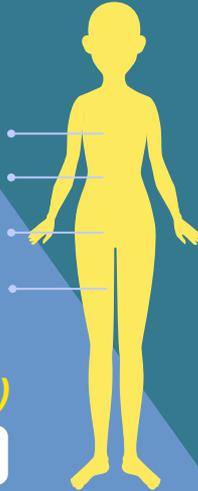
Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



Weight(Lbs)



Exercise Frequency



Daily Liters of Water

How to Achieve These Goals



Important Reminders



FITNESS GOALS

November

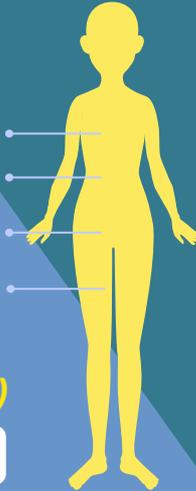
Measurement Tracker

Chest:

Waist:

Hips:

Thigh:



Weight(Lbs)



Exercise Frequency



Daily Liters of Water

How to Achieve These Goals



Important Reminders



FITNESS GOALS

December

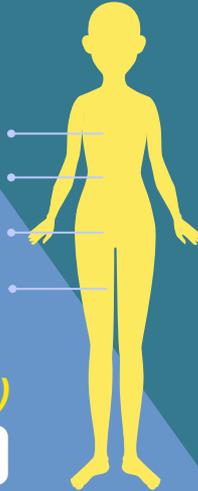
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Hips:

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Weight(Lbs)



Exercise Frequency



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Important Reminders

