

JJ VIRGIN's  
**SUGAR IMPACT DIET**

## *Weight & Measurements*

### *Cycle 1*

#### *Starting Day 1*

*Date:* \_\_\_\_\_

Starting Weight \_\_\_\_\_ lbs

Starting Body Comp \_\_\_\_\_ %

Starting Waist Measurement \_\_\_\_\_ inches

Starting Hip Measurement \_\_\_\_\_ inches

#### *Day 7*

*Date:* \_\_\_\_\_

Weight \_\_\_\_\_ lbs

Body Comp \_\_\_\_\_ %

Waist Measurement \_\_\_\_\_ inches

Hip Measurement \_\_\_\_\_ inches

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*Weight & Measurements*

*Cycle 2*

*Starting Day 1*

*Date:* \_\_\_\_\_

Starting Weight \_\_\_\_\_ lbs

Starting Body Comp \_\_\_\_\_ %

Starting Waist Measurement \_\_\_\_\_ inches

Starting Hip Measurement \_\_\_\_\_ inches

*Day 7*

*Date:* \_\_\_\_\_

Weight \_\_\_\_\_ lbs

Body Comp \_\_\_\_\_ %

Waist Measurement \_\_\_\_\_ inches

Hip Measurement \_\_\_\_\_ inches

*Day 14*

*Date:* \_\_\_\_\_

Weight \_\_\_\_\_ lbs

Body Comp \_\_\_\_\_ %

Waist Measurement \_\_\_\_\_ inches

Hip Measurement \_\_\_\_\_ inches

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## *Weight & Measurements*

### *Cycle 3*

#### *Starting Day 1*

*Date:* \_\_\_\_\_

Starting Weight \_\_\_\_\_ lbs

Starting Body Comp \_\_\_\_\_ %

Starting Waist Measurement \_\_\_\_\_ inches

Starting Hip Measurement \_\_\_\_\_ inches

#### *Day 7*

*Date:* \_\_\_\_\_

Weight \_\_\_\_\_ lbs

Body Comp \_\_\_\_\_ %

Waist Measurement \_\_\_\_\_ inches

Hip Measurement \_\_\_\_\_ inches