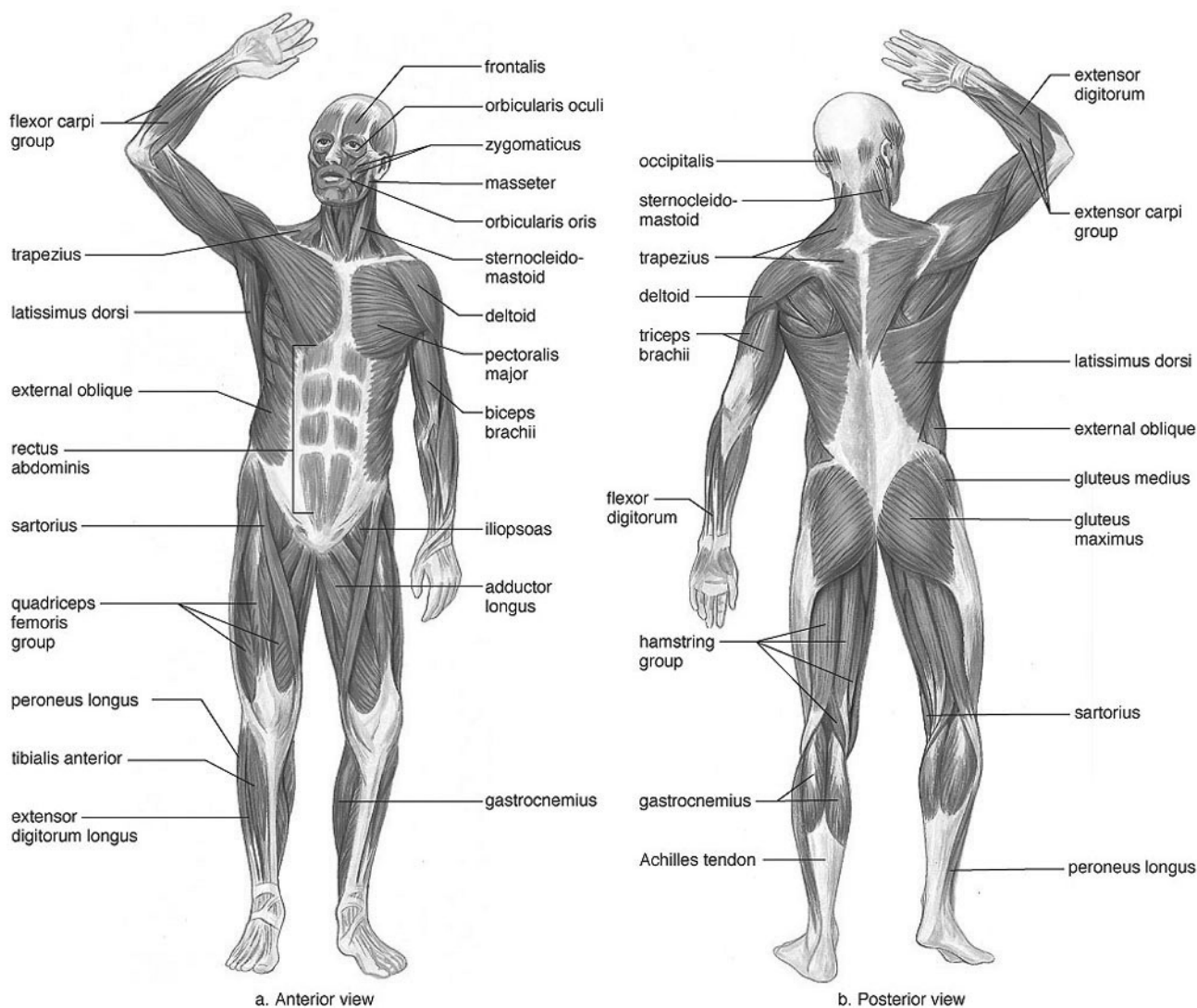


# AESTHETICS AND BODY IMAGE



**SKINNY MUSCLES**  
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BODY STATS	CURRENT	TARGET	ACHIEVED
	/ /	/ /	/ /
Chest			
Biceps			
Waist			
Thighs			
Calves			
Weight			
Body fat			

Use a red pencil to colour the areas/muscles you like to improve. Write down your body stats and targets. Revisit and record achievements.