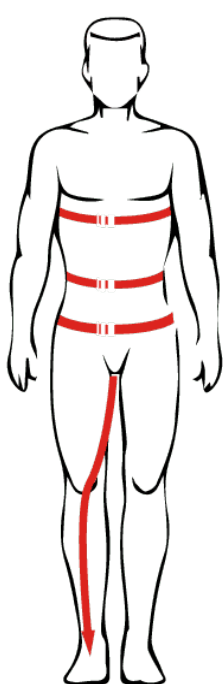


WEIGHT/MEASUREMENT TRACKING CHART



CHEST

WAIST

HIPS

HIPS



Chest - Standing, measure with breadth out just above the nipple (women) or just underneath (men).

Waist – Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage (women) or inline with belly button (men)

Hips – Measure at the largest girth, where the bum is protruding the greatest

Thighs – Standing, measure at the largest girth, just below the bum.

Starting Measurements and Weight

Waist _____

Hips _____

Thigh _____

Chest _____

Ending Measurements & Weight

Waist _____

Hips _____

Thigh _____

Chest _____

Week Ending Week 1

Waist _____

Hips _____

Thigh _____

Chest _____

Weight _____

Week Ending Week 2

Waist _____

Hips _____

Thigh _____

Chest _____

Weight _____

Week Ending Week 3

Waist _____

Hips _____

Thigh _____

Chest _____

Weight _____

Week Ending Week 4

Waist _____

Hips _____

Thigh _____

Chest _____

Weight _____

Week Ending Week 5

Waist _____

Hips _____

Thigh _____

Chest _____

Weight _____

Week Ending Week 6

Waist _____

Hips _____

Thigh _____

Chest _____

Weight _____

