## **Measurement Chart**

GOAL WEIGHT			GOAL WEIGHT			
MEASUREMENTS		LOSS/GAIN		MEASUREMENTS		LOSS/GAIN
WEIGHT			WEIGHT			
NECK			NECK			
ARMS			ARMS			
CHEST			CHEST			
WAIST			WAIST			
HIPS			HIPS			
THIGHS			THIGHS			
CALF			CALF			
MEASUREMENTS LOSS/GAIN			MEASU	REMENTS	LOSS/GAIN	
WEIGHT			WEIGHT	·		
NECK			NECK			
ARMS			ARMS			
CHEST			CHEST			
WAIST			WAIST			
HIPS			HIPS			
THIGHS			THIGHS			
CALF			CALF			
MEASUR	REMENTS	LOSS/GAIN			REMENTS	LOSS/GAIN
WEIGHT			WEIGHT			
NECK			NECK			
ARMS			ARMS			
CHEST			CHEST			
WAIST			WAIST			
HIPS			HIPS			
THIGHS			THIGHS			
CALF			CALF			