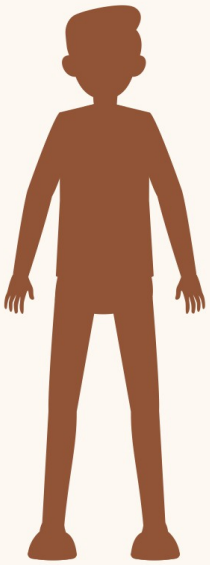
Body Measurements

Before		After	
Date		Date	
Weight		Weight	
Chest		Chest	
Arms		Arms	
Waist		Waist	
Hips		Hips	
Thighs		Thighs	
Calves		Calves	



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Date								
Weight								
Chest								
Arms								
Waist								
Hips								
Thighs								
Calves								