

BODY MEASUREMENT CHART

Starting Measurements

Chest
 Left Arm
 Right Arm
 Waist
 Hips
 Left Thigh
 Right Thigh
 Left Calf
 Right Calf

Goal Measurements

Chest
 Left Arm
 Right Arm
 Waist
 Hips
 Left Thigh
 Right Thigh
 Left Calf
 Right Calf

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DATE				
CHEST				
L. ARM				
R. ARM				
WAIST				
HIPS				
L. THIGH				
R. THIGH				
L. CALF				
R. CALF				

