



My Upper Arm is \_\_\_\_ inches

My Fore Arm is \_\_\_\_ inches

My Bust is \_\_\_\_ inches

My Chest is \_\_\_\_ inches

My Waist is \_\_\_\_ inches

My Hips are \_\_\_\_ inches

My Midway is \_\_\_\_ inches

My Thighs are \_\_\_\_ inches

My Knee is \_\_\_\_ inches

My Calves are \_\_\_\_ inches

Week: \_\_\_\_\_

Total weight: \_\_\_\_\_ pds

