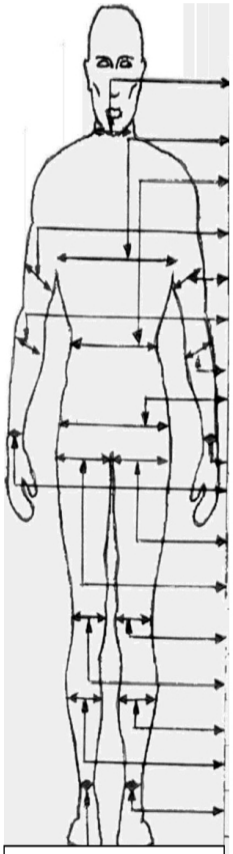
# HERBALIFE MEASUREMENT CHART



Name:_____

Date started
Herbalife:_____

| | Start | Week1 | Week2 | Week3 | Week4 | Week5 | Week6 | Week7 | Week8 | Week9 | Week10 | Total Loss |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Neck | | | | | | | | | | | | |
| Chest | | | | | | | | | | | | |
| Waist | | | | | | | | | | | | |
| R Upper | | | | | | | | | | | | |
| L Upper | | | | | | | | | | | | |
| R Fore | | | | | | | | | | | | |
| L Fore | | | | | | | | | | | | |
| Hips | | | | | | | | | | | | |
| L Wrist | | | | | | | | | | | | |
| R Wrist | | | | | | | | | | | | |
| L Thigh | | | | | | | | | | | | |
| R Thigh | | | | | | | | | | | | |
| L Knee | | | | | | | | | | | | |
| R Knee | | | | | | | | | | | | |
| L Calf | | | | | | | | | | | | |
| R Calf | | | | | | | | | | | | |
| L Ankle | | | | | | | | | | | | |
| R Ankle | | | | | | | | | | | | |
| TOTAL | | | | | | | | | | | | |
| Weight | | | | | | | | | | | | |