



*Body Measurements Chart*

Week	1	2	3	4	5	6	7	8	9	10	11	12	13
Beginning	__/__/	__/__/	__/__/	__/__/	__/__/	__/__/	__/__/	__/__/	__/__/	__/__/	__/__/	__/__/	__/__/
Left Arm													
Right Arm													
Bust													
Waist													
Hips													
Left Thigh													
Right Thigh													
Left Calf													
Right Calf													
Notes													