

# BODY MEASUREMENTS

## BEFORE

## AFTER

DATE _____	DATE _____
NECK _____	NECK _____
CHEST _____	CHEST _____
LEFT ARM _____	LEFT ARM _____
RIGHT ARM _____	RIGHT ARM _____
WAIST _____	WAIST _____
HIPS _____	HIPS _____
LEFT THIGH _____	LEFT THIGH _____
RIGHT THIGH _____	RIGHT THIGH _____
LEFT CALF _____	LEFT CALF _____
RIGHT CALF _____	RIGHT CALF _____
WEIGHT _____	WEIGHT _____

