

MEASURING MY BODY

| | WAIGHT | ARMS | THIGHS | HIPS | WEIGHT |
|---------|--------|------|--------|------|--------|
| WEEK 1 | | | | | |
| WEEK 2 | | | | | |
| WEEK 3 | | | | | |
| WEEK 4 | | | | | |
| WEEK 5 | | | | | |
| WEEK 6 | | | | | |
| WEEK 7 | | | | | |
| WEEK 8 | | | | | |
| WEEK 9 | | | | | |
| WEEK 10 | | | | | |
| WEEK 11 | | | | | |
| WEEK 12 | | | | | |
| WEEK 13 | | | | | |
| WEEK 14 | | | | | |
| WEEK 15 | | | | | |
| WEEK 16 | | | | | |
| WEEK 17 | | | | | |
| WEEK 18 | | | | | |