

Body Measurements

Before

After

DATE _____

NECK _____

CHEST _____

LEFT ARM _____

RIGHT ARM _____

WAIST _____

HIPS _____

LEFT THIGH _____

RIGHT THIGH _____

LEFT CALF _____

RIGHT CALF _____

WEIGHT _____

DATE _____

NECK _____

CHEST _____

LEFT ARM _____

RIGHT ARM _____

WAIST _____

HIPS _____

LEFT THIGH _____

RIGHT THIGH _____

LEFT CALF _____

RIGHT CALF _____

WEIGHT _____

