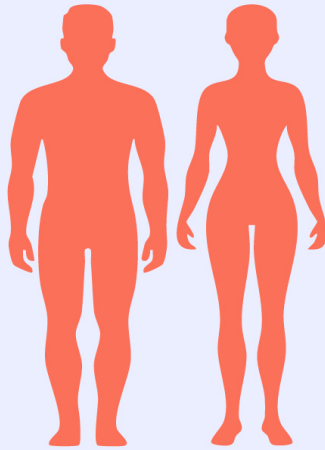


Body Measurement

	Before
Neck	
Chest	
Biceps	
Waist	
Hip	
ABS	
Things	
Calfs	



	After
Neck	
Chest	
Biceps	
Waist	
Hip	
ABS	
Things	
Calfs	

	Week 1	Week 2	Week 3	Week 4	Week 5
Neck					
Chest					
Biceps					
Waist					
Hip					
ABS					
Things					
Calfs					