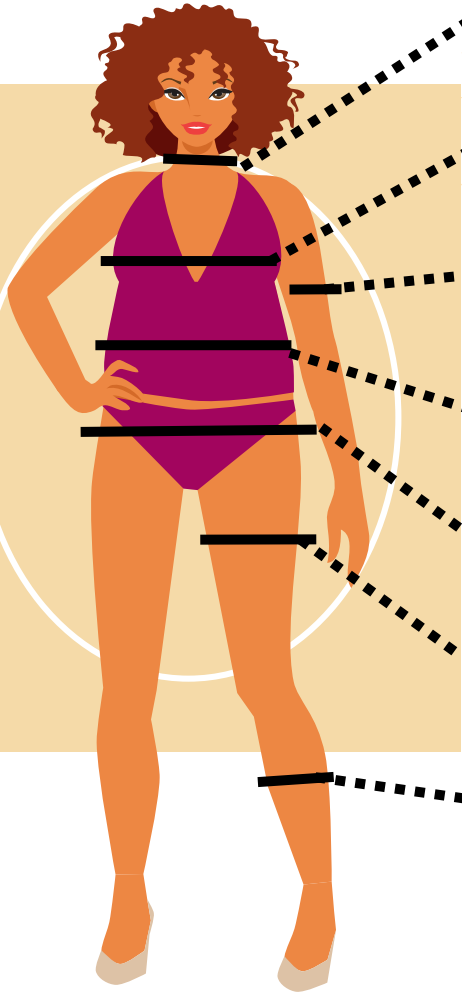


Body Measurements

Month and Year _____



WK 1	WK 2	WK 3	WK 4	Total
Neck	Neck	Neck	Neck	Neck
chest	chest	chest	chest	chest
arm	arm	arm	arm	arm
waist	waist	waist	waist	waist
hp	hp	hp	hp	hp
thigh	thigh	thigh	thigh	thigh
calf	calf	calf	calf	calf
weight	weight	weight	weight	weight