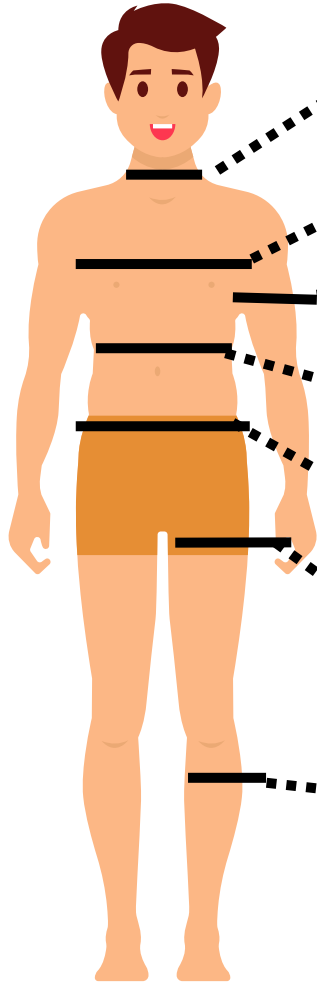


Body Measurements

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