Body Measurement Chart

Date:								
Week	1	+/-	2	+/-	3	+/-	4	+/-
Weight (optional)								
Bust								
Pecs								
Ribs								
Waist								
Abdomen								
Hips								
Upper Thigh R								
Upper Thigh L								
Lower Thigh R								
Lower Thigh L								
Calf R								
Calf L								
Upper Arm R								
Upper Arm L								
Total Inches Lost								