

# BODY MEASUREMENT CHART

Week 1	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

\_\_\_\_\_ Arms

\_\_\_\_\_ Chest

\_\_\_\_\_ Waist

\_\_\_\_\_ Hips

\_\_\_\_\_ Thighs

Week 2	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

\_\_\_\_\_ Arms

\_\_\_\_\_ Chest

\_\_\_\_\_ Waist

\_\_\_\_\_ Hips

\_\_\_\_\_ Thighs

Week 3	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

\_\_\_\_\_ Arms

\_\_\_\_\_ Chest

\_\_\_\_\_ Waist

\_\_\_\_\_ Hips

\_\_\_\_\_ Thighs

Week 4	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

\_\_\_\_\_ Arms

\_\_\_\_\_ Chest

\_\_\_\_\_ Waist

\_\_\_\_\_ Hips

\_\_\_\_\_ Thighs