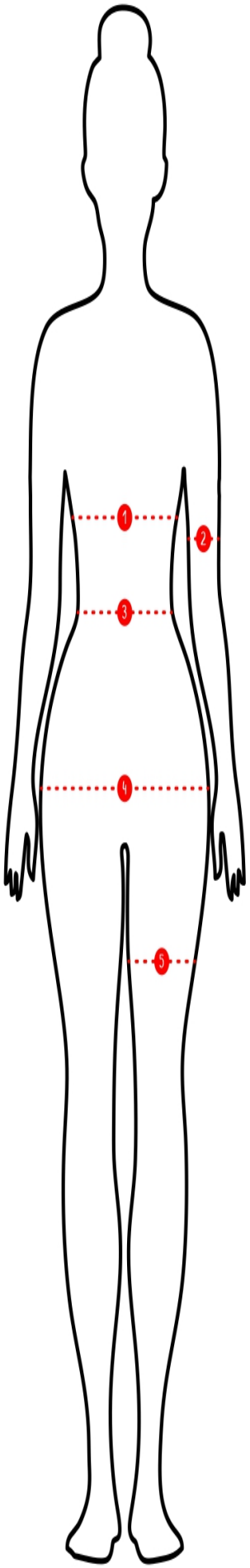

BODY MEASUREMENT CHART

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
1									
2									
3									
4									
5									
WEIGHT									