## thigh

## **BODY MEASUREMENT**

WEEK 1	
bust	
upper arm	
waist	
hip	
thigh	
weight	

WEEK 2	
bust	
upper arm	
waist	
hip	
thigh	
weight	

WEEK 3		
bust		
upper arm		
waist		
hip		
thigh		
weight		

WEEK 4	
bust	
upper arm	
waist	
hip	
thigh	
weight	

WEEK 5	
bust	
upper arm	
waist	
hip	
thigh	
weight	

WEEK 6	
bust	
upper arm	
waist	
hip	
thigh	
weight	