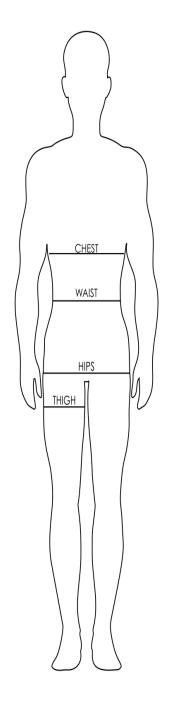
BODY MEASUREMENT TRACKING CHART



WEEK ENDING 1
WAIST
HIPS
THIGH
CHEST
WEIGHT

WEEK ENDING 2	
WAIST	
HIPS	
THIGH	
CHEST	
WEIGHT	

WEEK ENDING 3
WAIST
HIPS
THIGH
CHEST
WEIGHT

Starting Measurements and Weight	Ending Measurements and Weight
WAIST	WAIST
HIPS	HIPS
THIGH	THIGH
CHEST	CHEST
WEIGHT	WEIGHT

WEEK ENDING 4
WAIST
HIPS
THIGH
CHEST
WEIGHT