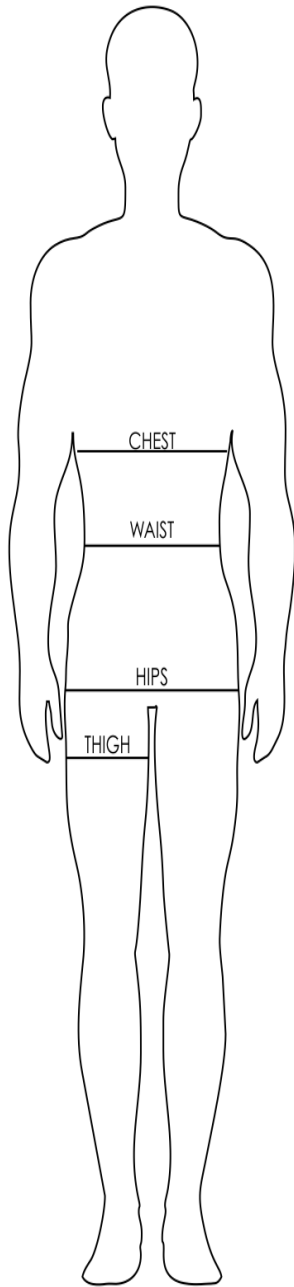


BODY MEASUREMENT TRACKING CHART



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

WAIST _____

HIPS _____

THIGH _____

CHEST _____

WEIGHT _____

Ending Measurements and Weight

WAIST _____

HIPS _____

THIGH _____

CHEST _____

WEIGHT _____

WEEK ENDING 4

WAIST _____

HIPS _____

THIGH _____

CHEST _____

WEIGHT _____