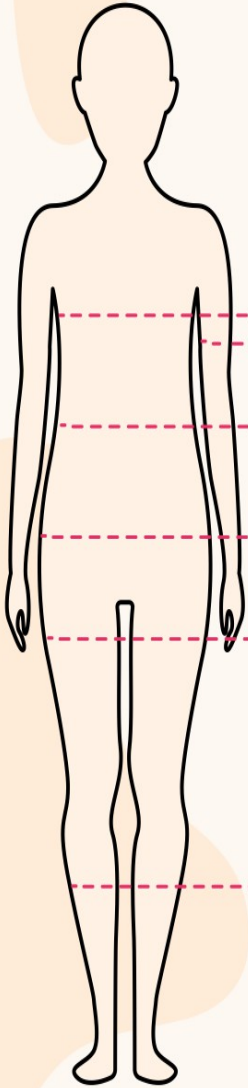


Body Measurements

Month: _____



CHEST

ARM

WAIST

HIPS

THIGH

CALF

WEEK 1

CHEST

ARM

WAIST

HIPS

THIGH

CALF

WEIGHT

WEEK 2

CHEST

ARM

WAIST

HIPS

THIGH

CALF

WEIGHT

WEEK 3

CHEST

ARM

WAIST

HIPS

THIGH

CALF

WEIGHT

GOALS

CHEST

ARM

WAIST

HIPS

THIGH

CALF

WEIGHT

Notes: