

# BODY MEASUREMENTS

**BEFORE**

**AFTER**

DATE \_\_\_\_\_

DATE \_\_\_\_\_

NECK \_\_\_\_\_

NECK \_\_\_\_\_

CHEST \_\_\_\_\_

CHEST \_\_\_\_\_

LEFT ARM \_\_\_\_\_

LEFT ARM \_\_\_\_\_

RIGHT ARM \_\_\_\_\_

RIGHT ARM \_\_\_\_\_

WAIST \_\_\_\_\_

WAIST \_\_\_\_\_

HIPS \_\_\_\_\_

HIPS \_\_\_\_\_

LEFT THIGH \_\_\_\_\_

LEFT THIGH \_\_\_\_\_

RIGHT THIGH \_\_\_\_\_

RIGHT THIGH \_\_\_\_\_

LEFT CALF \_\_\_\_\_

LEFT CALF \_\_\_\_\_

RIGHT CALF \_\_\_\_\_

RIGHT CALF \_\_\_\_\_

WEIGHT \_\_\_\_\_

WEIGHT \_\_\_\_\_

