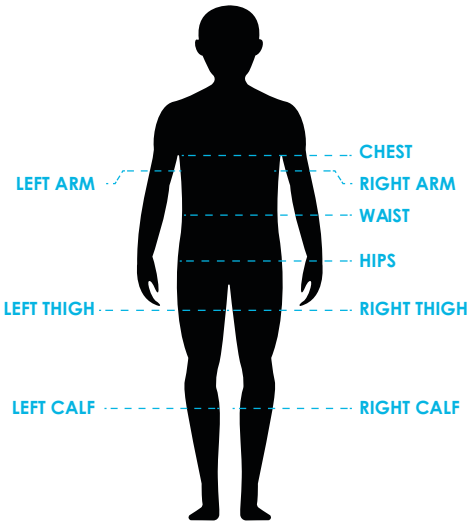
BODY MEASUREMENT CHART



STARTING MEASUREMENTS

Chest _____ Left Arm _____ Right Arm _____ Waist _____ Hips _____
Left Thigh _____ Right Thigh _____ Left Calf _____ Right Calf _____

GOAL MEASUREMENTS

Chest _____ Left Arm _____ Right Arm _____ Waist _____ Hips _____
Left Thigh _____ Right Thigh _____ Left Calf _____ Right Calf _____

DATE	CHEST	L. ARM	R. ARM	WAIST	HIPS	L. THIGH	R. THIGH	L. CALF	R. CALF

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