

# Body Measurement Chart

Start Date:

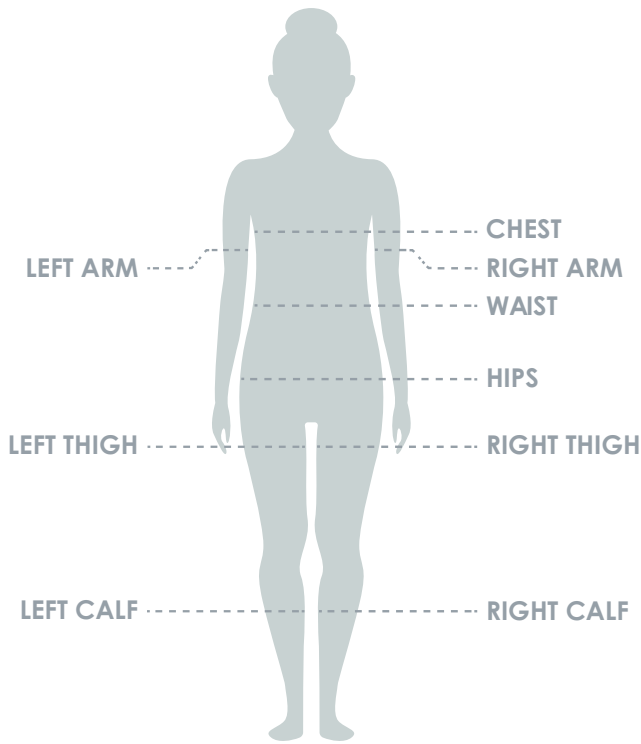
Target Date:

## 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:  
Left Arm:  
Right Arm:  
Waist:  
Hips:  
Left Thigh:  
Right Thigh:  
Left Calf:  
Right Calf:

DATE:

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

DATE:

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

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Chest:  
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Right Calf:

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