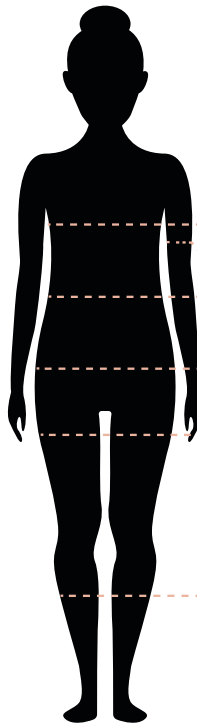


BODY MEASUREMENT CHART

STARTING MEASUREMENTS

_____ Date

Chest:
Arm:
Waist:
Hips:
Thigh:
Calf:



CHEST
ARM
WAIST
HIPS
THIGH
CALF

GOAL MEASUREMENTS

_____ Date

Chest:
Arm:
Waist:
Hips:
Thigh:
Calf:

	Chest	Arm	Waist	Hips	Thigh	Calf
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Date:	_____	_____	_____	_____	_____	_____
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Date:	_____	_____	_____	_____	_____	_____
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Date:	_____	_____	_____	_____	_____	_____
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Date:	_____	_____	_____	_____	_____	_____
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Date:	_____	_____	_____	_____	_____	_____
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Date:	_____	_____	_____	_____	_____	_____
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Date:	_____	_____	_____	_____	_____	_____
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Date:	_____	_____	_____	_____	_____	_____
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