WEEKLY MEASUREMENTS CHART

NAME:						WE	WEIGHT:					
AGE:						HE	HEIGHT:					
INITIAL WEIGHT:						GO	GOAL:					
WEEK	1	2	3	4	5	6	7	8	9	10		
CHEST												
L.ARM												
R.ARM												
WAIST												
HIPS												
L.THIGH												
R.THIGH												
WEIGH												

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