

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 _____

