

MEASUREMENTS: WEEK

Area to Be Measured	Inches
Ankles	
Calves	
Thigh	
Buttocks	
Hips	
Waist	
Bust	
Chest—under bustline	
Shoulders	
Wrist	
Forearm	
Upper-arm	
Neck	
Total Inches	

Starting Week Total Inches: _____

Total Inch Loss to Date _____

Current Weight: _____

Current Body Fat % : _____

Comments: