Body Measurements
For:_____

Date_____

Measurements:

Neck: Measure around the center of the neck

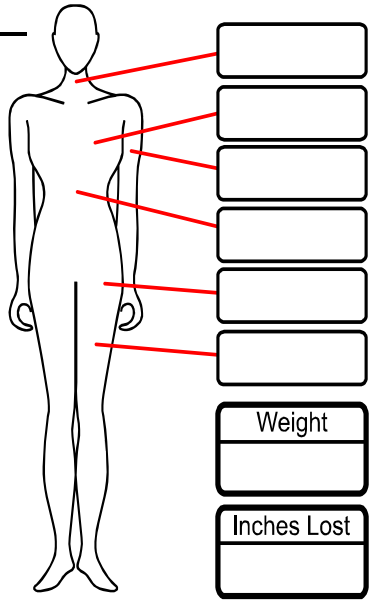
Chest: Around thickest part

Arm: around thickest part of upper arm

Waist: Across navel

Hips: Around biggest part of butt

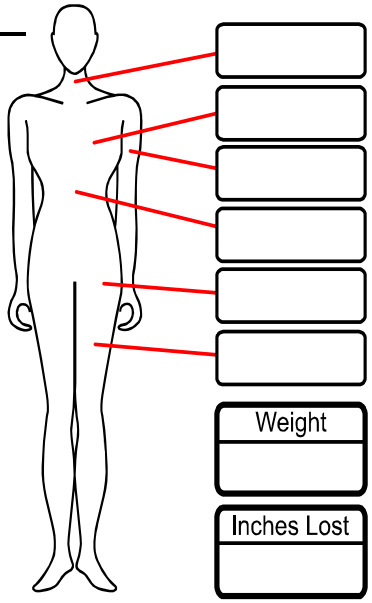
Thighs: Around thickest part of upper leg



Weight

Inches Lost

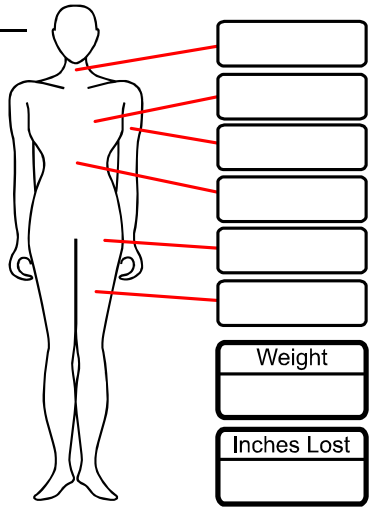
Date_____



Weight

Inches Lost

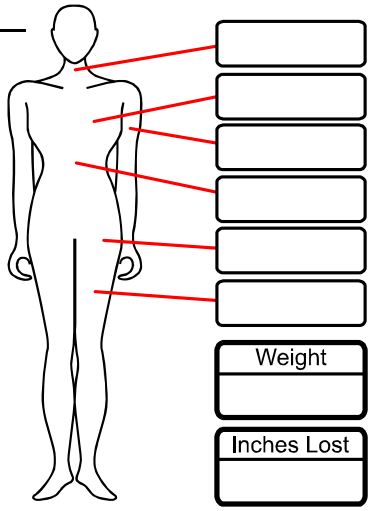
Date_____



Weight

Inches Lost

Date_____



Weight

Inches Lost

Keep your measurements once a week. Remember its pounds <u>and</u> inches