

1 Month Measurement Chart

Measurements	Start	Week 1	Week 2	Week 3	Week 4	TOTAL
Date						
Neck						
Upper Arm-Right						
Upper Arm-Left						
Bust (fullest part)						
Rib Cage						
Waist						
Abdomen (6" below Waist)						
Buttocks-Hip(9" below waist)						
Upper Thigh-Right						
Upper Thigh-Left						
Calf-Right						
Calf-Left						
Upper Knee-Right						
Upper Knee-Left						
My Weight						
Weight Lost to Date						
Total Number of Inches						
Total of Inches Lost						
*Pounds of Body Fat						
Body Fat Daily %						
My body Fat % Lost to Date						

*Pounds of Body Fat can be determined by going to:

<http://www.healthcentral.com/cholesterol/home-body-fat-test-2774-143.html>