

BODY MEASUREMENT CHART

MONTH OF _____

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WEIGHT				
BUST				
UPPER ARM				
FOREARM				
WRIST				
WAIST				
HIP				
THIGH				
CALF				
BODY MASS INDEX				
WAIST-HIP RATIO				
BODY FRAME SIZE				
BODY FAT %				
BMI				
GOAL BMI				
GOAL WEIGHT				

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We'd love for you to be part of the family.