

WEEK 1 MEASUREMENTS AT START DATE:
Weight:
Under Chest:
Bust:
Wasit:
Hips:
Thigh:
Calf:
Upper Arm:
Forearm:
Neck:

WEEK 4 MEASUREMENTS AT START DATE:
Weight:
Under Chest:
Bust:
Wasit:
Hips:
Thigh:
Calf:
Upper Arm:
Forearm:
Neck: