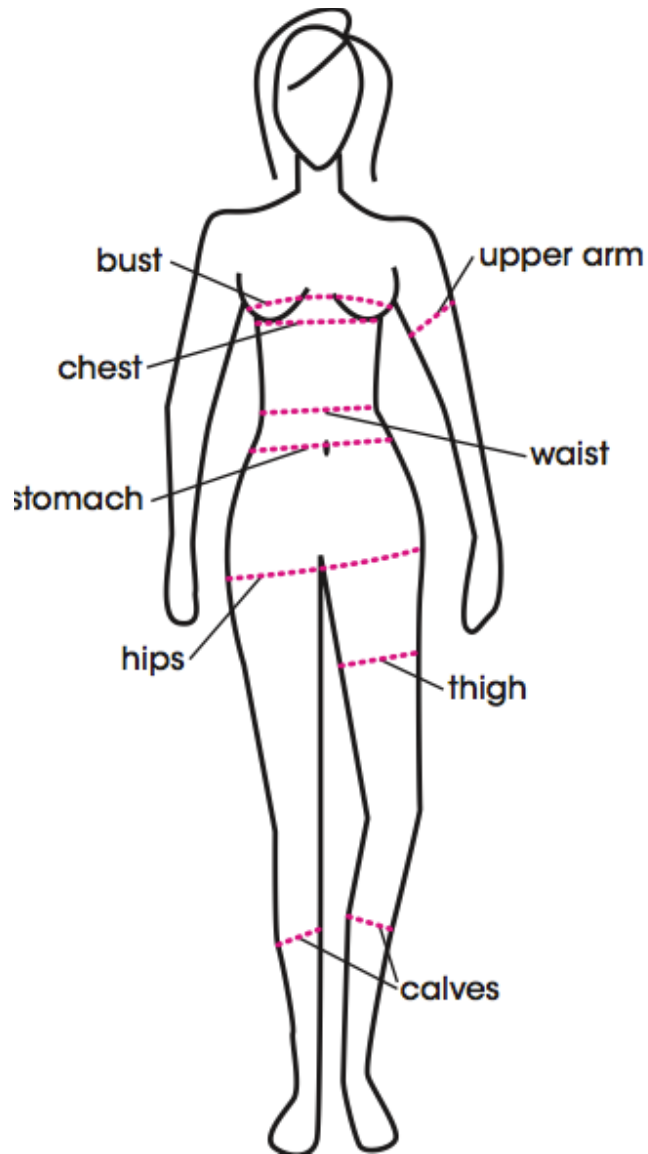


# Take a load off- Body measurement tracking



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
NECK				
BUST (ACROSS NIPPLE)				
CHEST (BRA LINE)				
ARM (MID BICEP)	R L	R L	R L	R L
WAIST (NARROWEST PART)				
STOMACH (BELLY BUTTON)				
HIPS (WIDEST PART ACROSS BUTT)				
THIGH (WIDEST PART)	R L	R L	R L	R L
CALVES (WIDEST PART)	R L	R L	R L	R L
WEIGHT (KG)				
ENERGY 1-10				
SLEEP QUALITY 1-10				

START DATE:  
WHAT IS YOUR 4 WEEK GOAL?