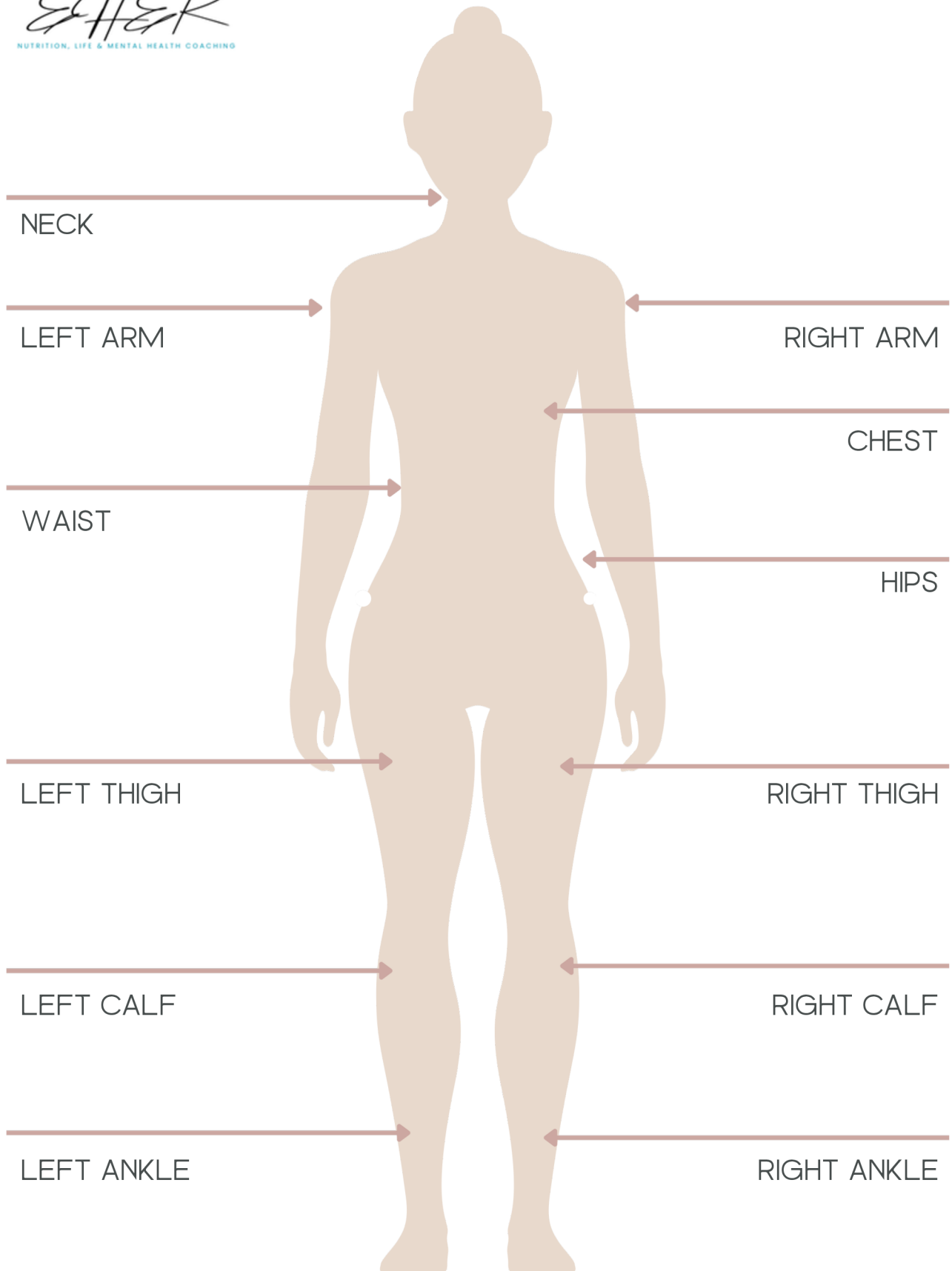


# BODY MEASUREMENTS CHART



Date: \_\_\_\_\_





**EAT HEALTHY  
EAT RIGHT**

## **BODY MEASUREMENT TRACKER**

Date	1	2	3	4	Loss/Gain
Neck					
Shoulders					
Bust					
Waist					
Upper Arm L					
Upper Arm R					
Thigh L					
Thigh R					
Calf L					
Calf R					
Weight					