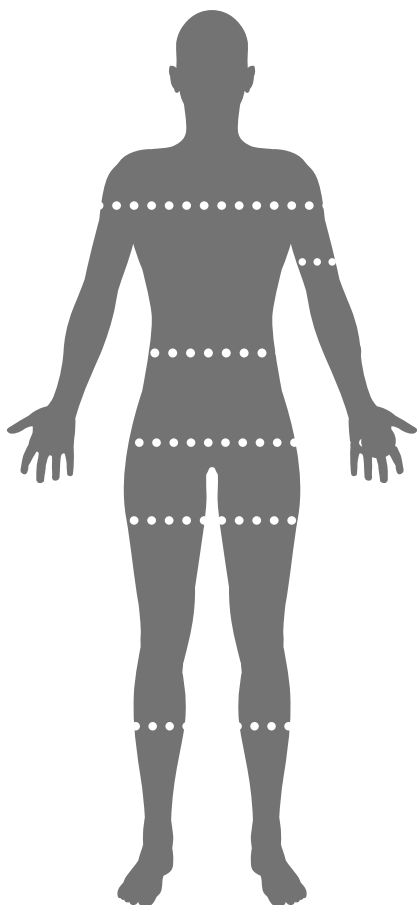


8 Week Measurement Tracker



Measurement Guide:

Chest: Measure at the largest point of the chest/bust (breath out).

Waist: Measure at the narrowest point of the waist and at the belly button (breath out).

Hip: Measure at the largest point of the hips (including the buttocks).

Arm: Measure at the largest point of the bicep (do not flex).

Thigh: Measure at the largest point of the thighs.

Calves: Measure at the largest point of the calves.

Starting Measurements (Week 1):

Weight:

Chest:

Waist:

BB:

Hips:

Arms: (R):

(L):

Thigh: (R):

(L):

Calf: (R):

(L):

Final Measurements (Week 8):

Weight:

Chest:

Waist:

BB:

Hips:

Arms: (R):

(L):

Thigh: (R):

(L):

Calf: (R):

(L):

Week 2: Weight:

Chest:

Waist:

BB:

Hips:

Arms: (R):

(L):

Thigh: (R):

(L):

Calf: (R):

(L):

Week 3: Weight:

Chest:

Waist:

BB:

Hips:

Arms: (R):

(L):

Thigh: (R):

(L):

Calf: (R):

(L):

Week 4: Weight:

Chest:

Waist:

BB:

Hips:

Arms: (R):

(L):

Thigh: (R):

(L):

Calf: (R):

(L):

Week 5: Weight:

Chest:

Waist:

BB:

Hips:

Arms: (R):

(L):

Thigh: (R):

(L):

Calf: (R):

(L):

Week 6: Weight:

Chest:

Waist:

BB:

Hips:

Arms: (R):

(L):

Thigh: (R):

(L):

Calf: (R):

(L):

Week 7: Weight:

Chest:

Waist:

BB:

Hips:

Arms: (R):

(L):

Thigh: (R):

(L):

Calf: (R):

(L):