8 Week Measurement Tracker



Final Measurements (Week 8):

BB:

(L):

(L):

Weight:

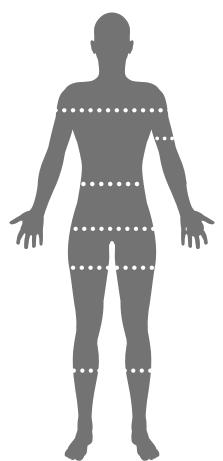
Chest:

Waist:

Hins.

Thigh:(R):

Calf: (R):



Thigh:(R):

Calf: (R):

(L):

(L):

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).

Weight:

Chest:

Waist:

Hins.

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.

BB:

<u>Starting Measurements (Week 1):</u>

		riips.		riips.		
		Arms: (R):	(L):	Arms: (R):	(L):	
		Thigh: (R):	(L):	Thigh:(R):	(L):	
4		Calf: (R):	(L):	Calf: (R):	(L):	
Week 2: Weight:		Week 3: Weight:		Week 4: Weight:		
Chest:		Chest:		Chest:		
Waist:	BB:	Waist:	BB:	Waist:	BB:	
Hips:		Hips:		Hips:		
Arms: (R):	(L):	Arms: (R):	(L):	Arms: (R):	(L):	
Thigh:(R):	(L):	Thigh:(R):	(L):	Thigh:(R):	(L):	
Calf: (R):	(L):	Calf: (R):	(L):	Calf: (R):	(L):	
Week 5: Weight:		Week 6: Weight:		Week 7: Weight:		
Chest:		Chest:		Chest:		
Waist:	BB:	Waist:	BB:	Waist:	BB:	
Hips:		Hips:		Hips:		
Arms: (R):	(L):	Arms: (R):	(L):	Arms: (R):	(L):	

(L):

(L):

Thigh:(R):

Calf: (R):