

# Monthly Measurements

Record inches and weight at regular intervals to keep track of your progress over time.

|             | Start | 1 Month | 2 Months | 3 Months | 6 Months | 9 Months | 1 Year |
|-------------|-------|---------|----------|----------|----------|----------|--------|
| Neck        |       |         |          |          |          |          |        |
| Right Arm   |       |         |          |          |          |          |        |
| Left Arm    |       |         |          |          |          |          |        |
| Chest       |       |         |          |          |          |          |        |
| Bust        |       |         |          |          |          |          |        |
| Waist       |       |         |          |          |          |          |        |
| Hips        |       |         |          |          |          |          |        |
| Right Thigh |       |         |          |          |          |          |        |
| Left Thigh  |       |         |          |          |          |          |        |
| Right Knee  |       |         |          |          |          |          |        |
| Left Knee   |       |         |          |          |          |          |        |
| Right Calf  |       |         |          |          |          |          |        |
| Left Calf   |       |         |          |          |          |          |        |



**SHAPE**  
ReClaimed