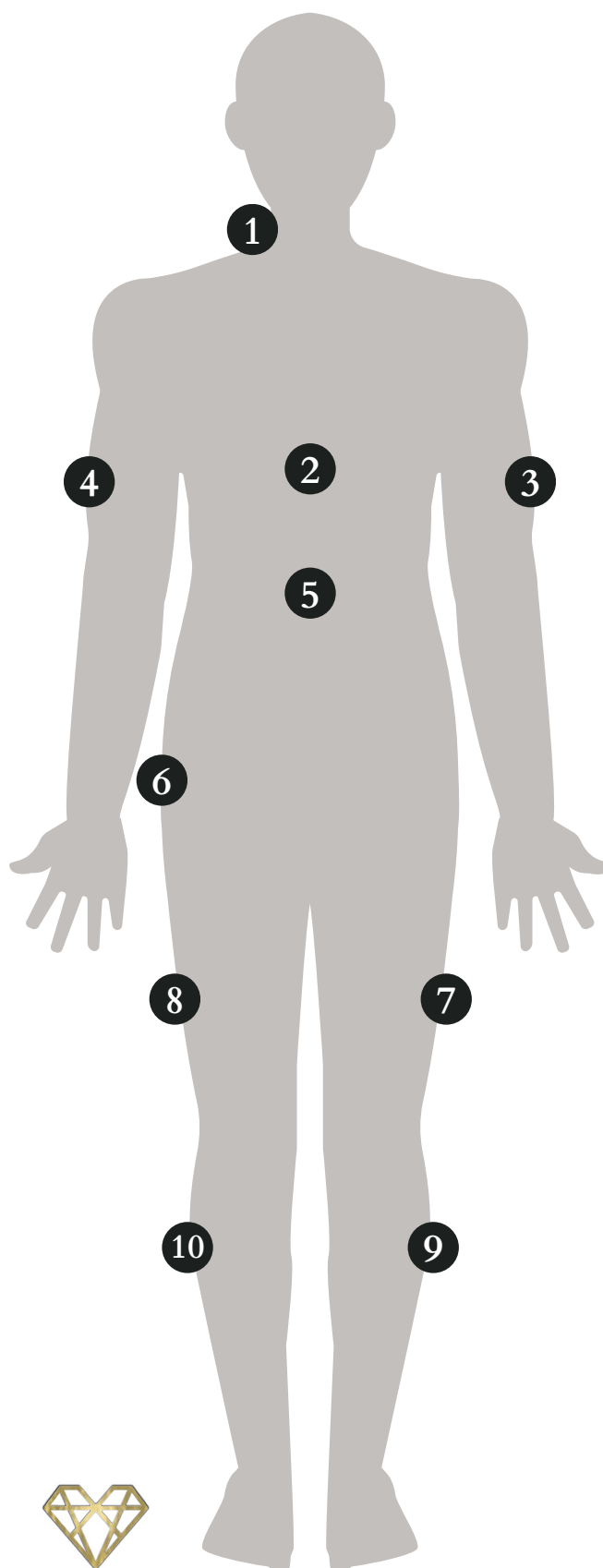


BODY MEASUREMENTS

BEFORE		
date:		
weight:		
1	neck	
2	chest	
3	left arm	
4	right arm	
5	waist	
6	hips	
7	left thigh	
8	right thigh	
9	left calf	
10	right calf	
Weekly Reflections		



AFTER		
date:		
weight:		
1	neck	
2	chest	
3	left arm	
4	right arm	
5	waist	
6	hips	
7	left thigh	
8	right thigh	
9	left calf	
10	right calf	
Weekly Reflections		

BODY MEASUREMENTS

WEEK:		
date:		
weight:		
1	neck	
2	chest	
3	left arm	
4	right arm	
5	waist	
6	hips	
7	left thigh	
8	right thigh	
9	left calf	
10	right calf	

Weekly Reflections

WEEK:		
date:		
weight:		
1	neck	
2	chest	
3	left arm	
4	right arm	
5	waist	
6	hips	
7	left thigh	
8	right thigh	
9	left calf	
10	right calf	

Weekly Reflections

WEEK:		
date:		
weight:		
1	neck	
2	chest	
3	left arm	
4	right arm	
5	waist	
6	hips	
7	left thigh	
8	right thigh	
9	left calf	
10	right calf	

Weekly Reflections

WEEK:		
date:		
weight:		
1	neck	
2	chest	
3	left arm	
4	right arm	
5	waist	
6	hips	
7	left thigh	
8	right thigh	
9	left calf	
10	right calf	

Weekly Reflections
