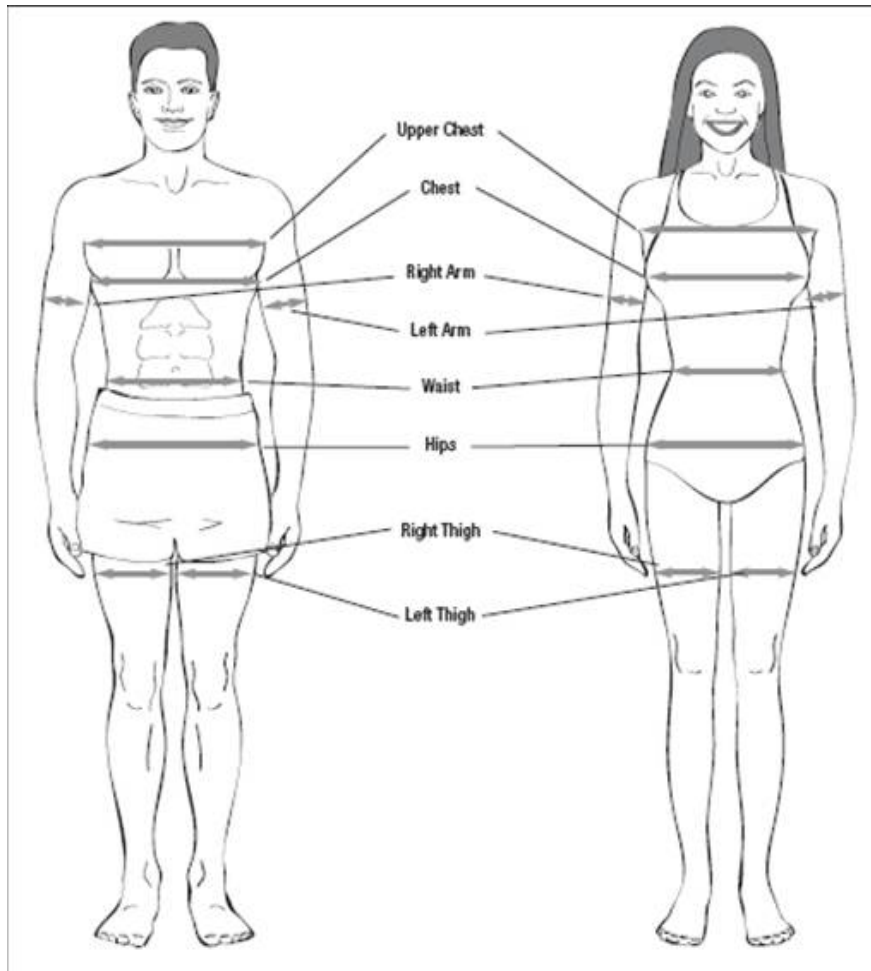


Measurement Chart



Example Measurement Log

measuring my body

	waist	arms	thighs	hips	weight
week 1					
week 2					
week 3					
week 4					
week 5					
week 6					
week 7					
week 8					
week 9					
week 10					
week 11					
week 12					
week 13					
week 14					
week 15					
week 16					
week 17					
week 18					