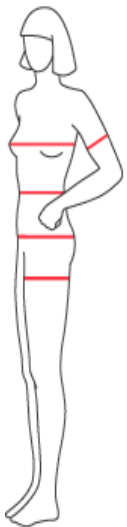


	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Waist	in.	in.	in.	in.	in.	in.	in.	in.
Hips	in.	in.	in.	in.	in.	in.	in.	in.
Chest	in.	in.	in.	in.	in.	in.	in.	in.
Arms	in.	in.	in.	in.	in.	in.	in.	in.
Thighs	in.	in.	in.	in.	in.	in.	in.	in.
Calves	in.	in.	in.	in.	in.	in.	in.	in.
Total	in.	in.	in.	in.	in.	in.	in.	in.



Track loss of body fat by taking weekly measurements of your arms, chest, waist, hips, thighs and calves and add the total number. Tape measure should be around largest area of each body part listed, and should be a “just fit” tension. Tension should be the same during each weeks measuring as much as possible.