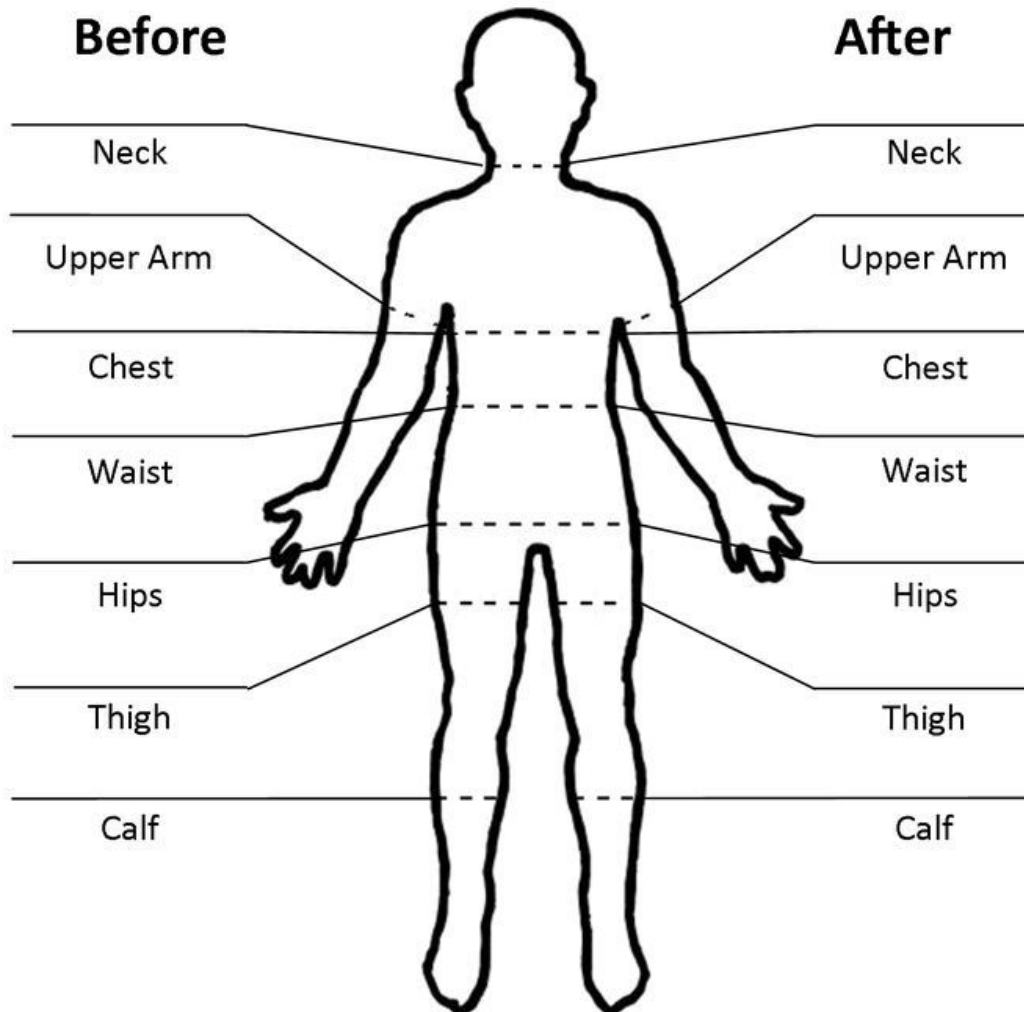


How to take body measurements

Measurements:

1. The two most important measurements are waist & hip
2. Waist: Measure at its narrowest point width-wise, usually just above the navel.
3. Hips: Measure around the widest part of the hipbones.



Week #1 (date_____) weight:_____

Week #4 (date_____) weight:_____

Week #8 (date_____) weight:_____