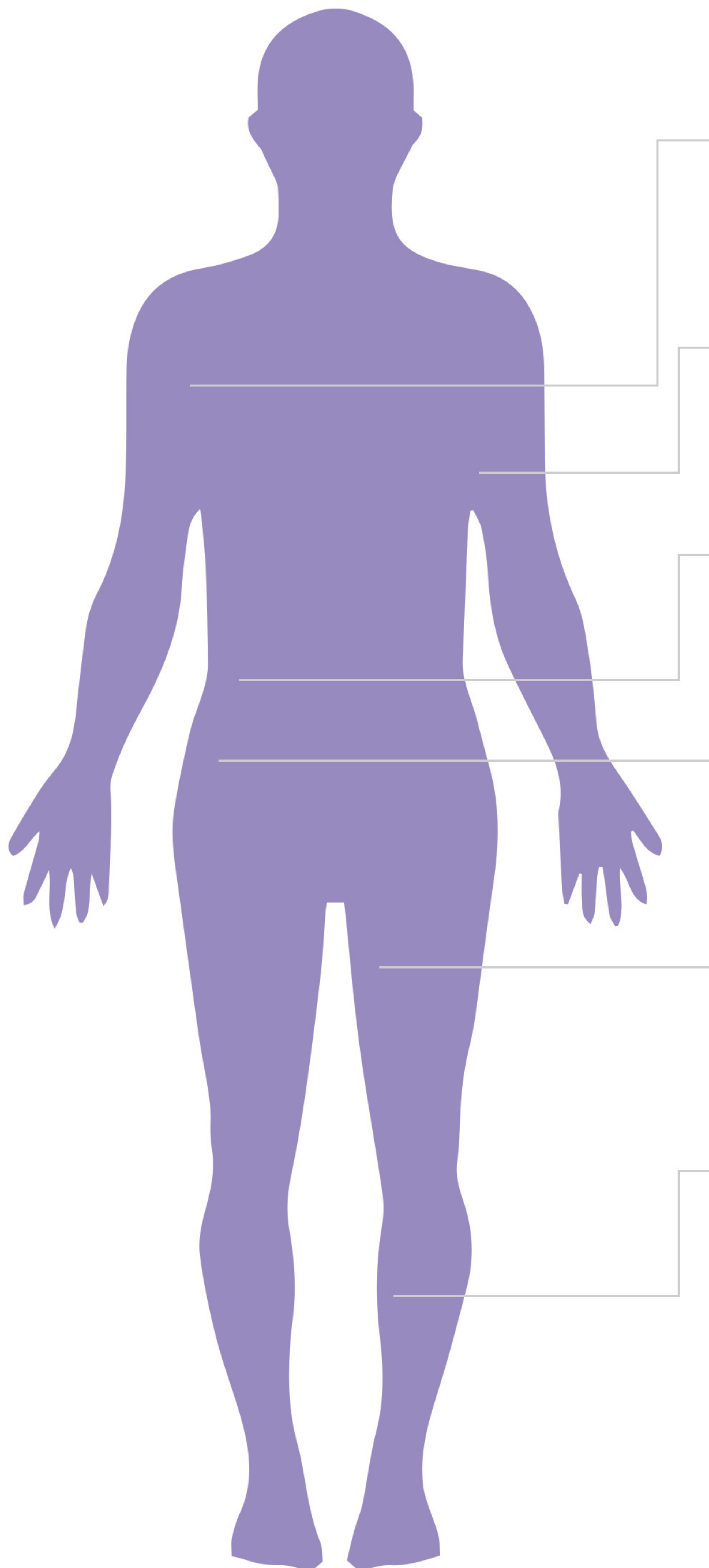




BODY MEASUREMENTS

MONTH/YEAR: _____

NOTES: _____



BEFORE

CHEST

ARM

WAIST

HIP

THIGH

CALF

WEIGHT

AFTER

CHEST

ARM

WAIST

HIP

THIGH

CALF

WEIGHT

EAT WELL | PLAY WELL