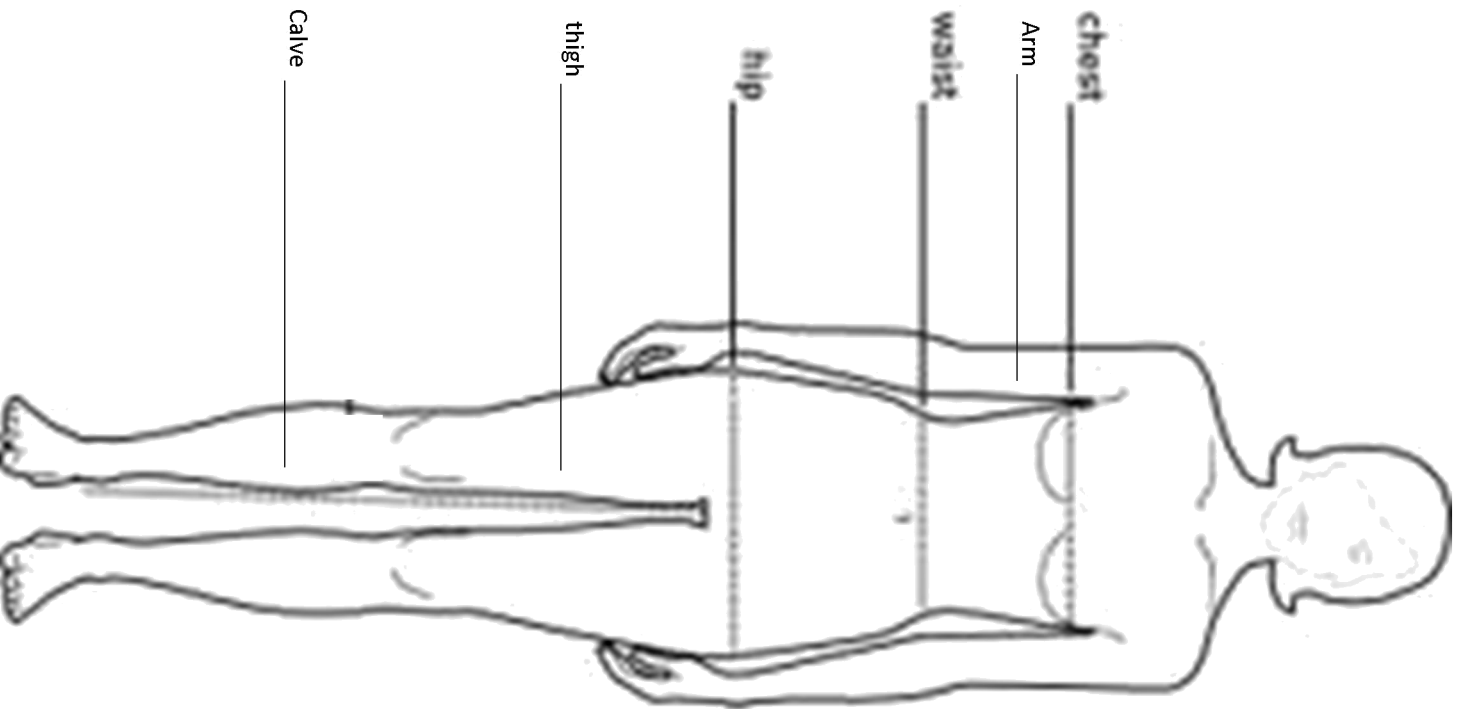


Measurement Tracking Chart



DATE: _____ Body Fat %: _____ SCALE: _____

CHEST: _____ ARM: _____ WAISTE: _____

HIP: _____ THIGH: _____ CALVE: _____

DATE: _____ Body Fat %: _____ SCALE: _____

CHEST: _____ ARM: _____ WAISTE: _____

HIP: _____ THIGH: _____ CALVE: _____

Total Inches Lost: _____ Body Fat Lost: _____ Weight Lost: _____

DATE: _____ Body Fat %: _____ SCALE: _____

CHEST: _____ ARM: _____ WAISTE: _____

HIP: _____ THIGH: _____ CALVE: _____

Total Inches Lost: _____ Body Fat Lost: _____ Weight Lost: _____

DATE: _____ Inches Lost: _____

CHEST: _____ ARM: _____ WAISTE: _____

HIP: _____ THIGH: _____ CALVE: _____

Total Inches Lost: _____ Body Fat Lost: _____ Weight Lost: _____

NEW BODY FAT %: _____

TOTAL INCHES LOST: _____