

SITE

DATE

WEIGHT

MEASUREMENT



SHOULDER GIRTH

START:

WEEK 2:

FINISH:



CHEST GIRTH

START:

WEEK 2:

FINISH:



UPPER-ARM GIRTH

START:

WEEK 2:

FINISH:



WAIST GIRTH

START:

WEEK 2:

FINISH:



HIP GIRTH

START:

WEEK 2:

FINISH:



THIGH GIRTH

START:

WEEK 2:

FINISH: