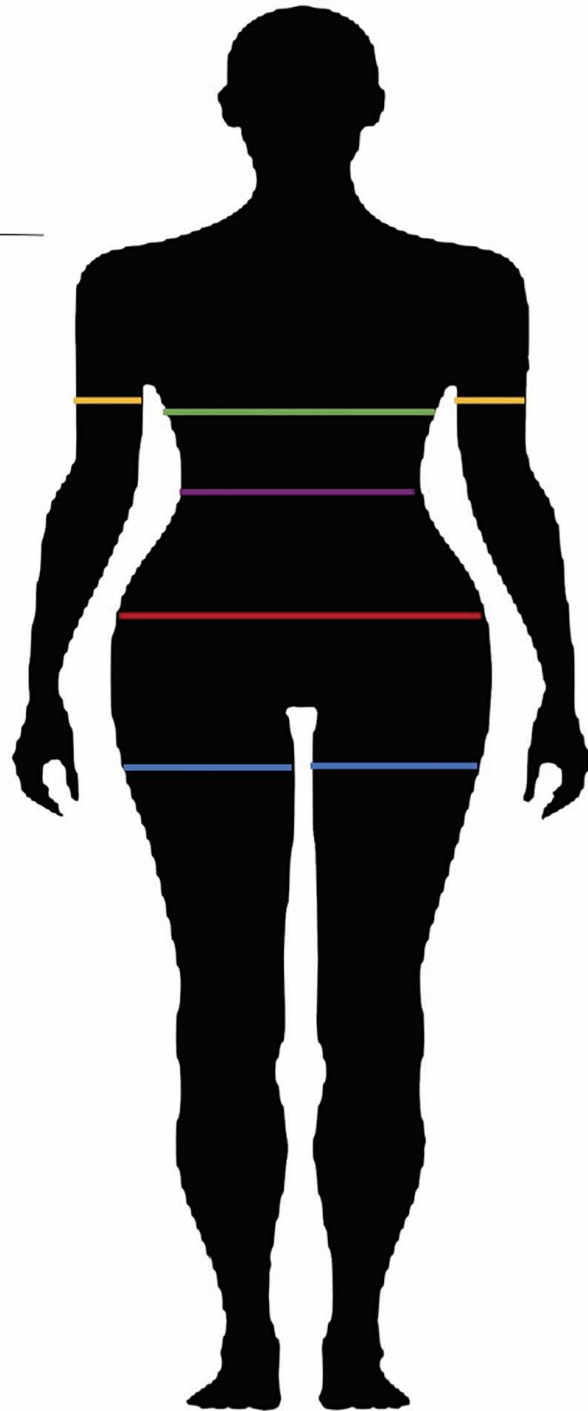


Weight & Measurements

Day _____ Day _____

Weight	_____
Chest	_____
Waist	_____
Hips	_____
R Arm	_____
L Arm	_____
R Thigh	_____
L Thigh	_____

Weight	_____
Chest	_____
Waist	_____
Hips	_____
R Arm	_____
L Arm	_____
R Thigh	_____
L Thigh	_____



Don't let the number on the scale de-rail you.

