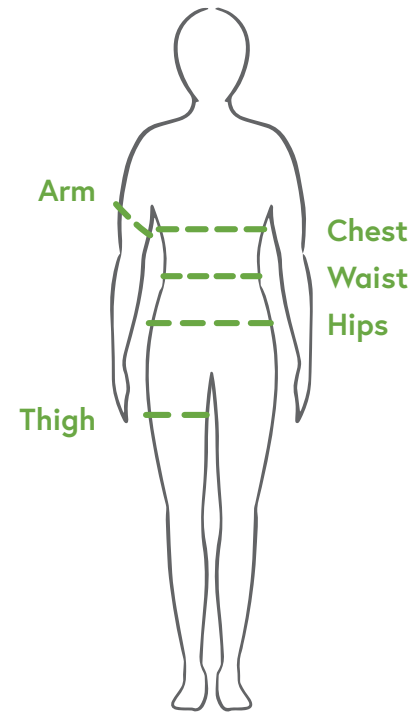


Body Measurements



Starting Measurements

Weight	
Left arm	
Right arm	
Chest	
Waist	
Hips	
Left thigh	
Right thigh	

Measurements at End of Week 1

	Measurement	Difference
Weight		
Left arm		
Right arm		
Chest		
Waist		
Hips		
Left thigh		
Right thigh		

Measurements at End of Week 2

	Measurement	Difference
Weight		
Left arm		
Right arm		
Chest		
Waist		
Hips		
Left thigh		
Right thigh		

Measurements at End of Week 3

	Measurement	Difference
Weight		
Left arm		
Right arm		
Chest		
Waist		
Hips		
Left thigh		
Right thigh		

Measurements at End of Week 4

	Measurement	Difference
Weight		
Left arm		
Right arm		
Chest		
Waist		
Hips		
Left thigh		
Right thigh		