













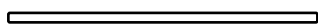



# Weekly Body Measurement and Weight Chart



December				
Part	Wk 1	Wk 2	Wk 3	Wk 4
Neck				
Upper arm				
Lower arm				
Chest (armpit)				
Chest (nipple)				
Diaphragm				
Waist				
Abdomen				
Hip				
Buttocks				
R-Upper thigh				
L-Upper thigh				
R-Middle thigh				
L-Middle thigh				
R-Lower thigh				
L-Lower thigh				
R-Knee				
L-Knee				
R-Calf				
L-Calf				
R-Ankle				
L-Ankle				
Weight				
Neck				
Upper arm				
Lower arm				
Chest (armpit)				
Chest (nipple)				
Diaphragm				
Waist				
Abdomen				
Hip				
Buttocks				
Upper thigh				
Middle thigh				
Lower thigh				
Knee				
Calf				
Ankle				

<b>January</b>				
<b>Part</b>	<b>Wk 1</b>	<b>Wk 2</b>	<b>Wk 3</b>	<b>Wk 4</b>
Neck				
Upper arm				
Lower arm				
Chest (armpit)				
Chest (nipple)				
Diaphragm				
Waist				
Abdomen				
Hip				
Buttocks				
R-Upper thigh				
L-Upper thigh				
R-Middle thigh				
L-Middle thigh				
R-Lower thigh				
L-Lower thigh				
R-Knee				
L-Knee				
R-Calf				
L-Calf				
R-Ankle				
L-Ankle				
Weight				

<b>February</b>				
<b>Part</b>	<b>Wk 1</b>	<b>Wk 2</b>	<b>Wk 3</b>	<b>Wk 4</b>
Neck				
Upper arm				
Lower arm				
Chest (armpit)				
Chest (nipple)				
Diaphragm				
Waist				
Abdomen				
Hip				
Buttocks				
R-Upper thigh				
L-Upper thigh				
R-Middle thigh				
L-Middle thigh				
R-Lower thigh				
L-Lower thigh				
R-Knee				
L-Knee				
R-Calf				
L-Calf				
R-Ankle				
L-Ankle				
Weight				