

Tracking Progress with Body Measurements

When you begin your journey, take note of your measurements to track progress. Afterwards, record your progress every two weeks.

Measure guide:

Arms: 3-4" from armpit.

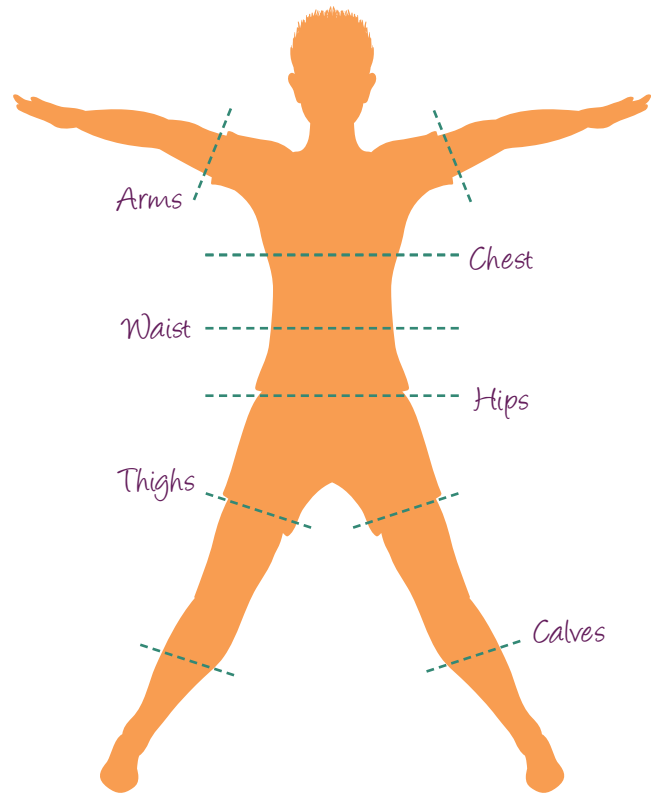
Chest: Just before the bottom of your ribcage or along the bra line.

Waist: At the smallest point.

Hips: At the widest point.

Thighs: 7-8" down inseam

Calves: At the largest point.



Note: Be sure to measure in the same spot each time.

Date	Arms	Chest	Waist	Hips	Thighs	Calves