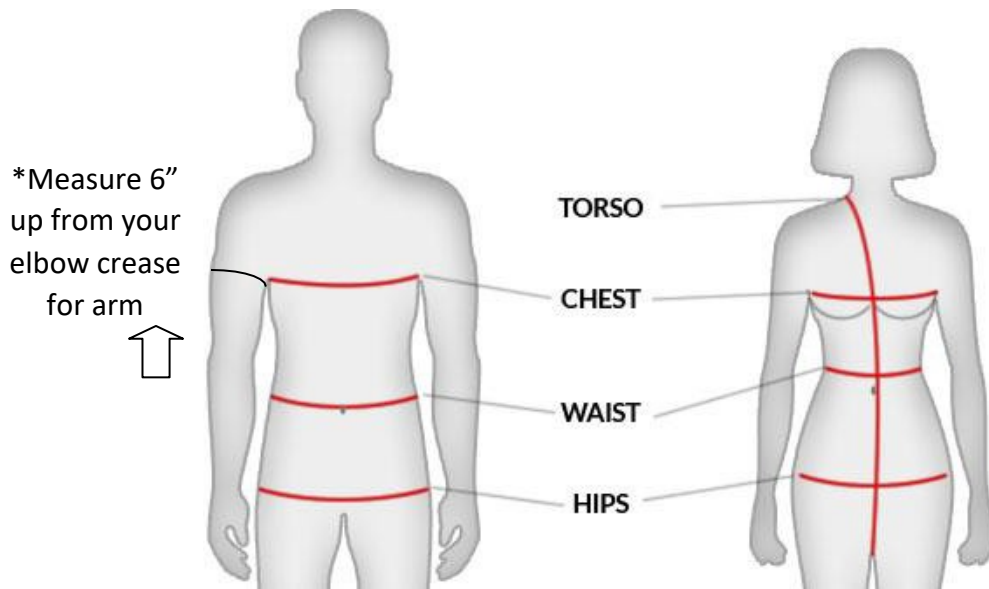


Photos & Measurements



Chart Your Progress

1. Track Your Weight
2. Track Your Measurements
3. Take “Before” and “After” Photos!
4. Remember “Why” You Started...



Measurements	Day 1	Week 8	Week 16	Week 24
Weight in Pounds				
Bust (Nipple Line)				
Waist (Belly Button)				
Thigh (6" up from knee cap)				
Hips (Widest Part)				
Arm (6" up from elbow)				

Good Luck!