StopDietingForever.com

Measurement Chart

Date:		+/-		+/-		+/-		+/-		+/-		+/-		+/-		+/-
Weight																
Neck																
Upper L arm																
Upper R arm																
Under arms																
Bust, with bra on																
Rib cage																
Upper abdomen																
Abdomen																
Hips																
Upper L thigh																
Upper R thigh																
L calf																
R calf																
L ankle																
R ankle																
+/- Pounds																
+/- Inches																