



**Body Measurements Log - Date:** \_\_\_\_\_

Measurements	Inches or Centimeters	Gained	Lost
Neck			
Arm (L)			
Arm (R)			
Chest			
Waist			
Navel			
Hips			
Leg (L)			
Leg (R)			
Calf (L)			
Calf (R)			

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