

The Measurement Charts

MEASUREMENTS	PREP DAY	DAY 3	DAY 7	DAY 8	DAY 15	DAY 30
1. Upper Arm (L)						
2. Upper Arm (R)						
3. Bust (fullest part)						
4. Rib Cage						
5. Waist						
6. Abdomen (6" from Waist)						
7. Buttock (9" from Waist)						
8. Upper Thigh (L)						
9. Upper Thigh (R)						
10. Calf (L)						
11. Calf (R)						
12. Upper Knee (L)						
13. Upper Knee (R)						
14. Neck						
Total Inches						
Total Inches Lost						
Total Body Fat %						
Total Body Fat % Lost						
Total Weight						
Total Weight Lost						



Numbers on the chart.

	1' 4"	35"	40"	45"	50"	55"	60"	65"	70"
Health: Excellent	17.9%	18.0%	19.7%	22.1%	24.3%	26.5%	28.7%	30.9%	33.1%
Health: Fair	25.0%	25.4%	26.4%	27.7%	29.3%	30.7%	32.3%	33.9%	35.5%
Health: Poor	29.6%	29.8%	30.5%	31.5%	32.3%	34.1%	36.2%	37.3%	38.5%

