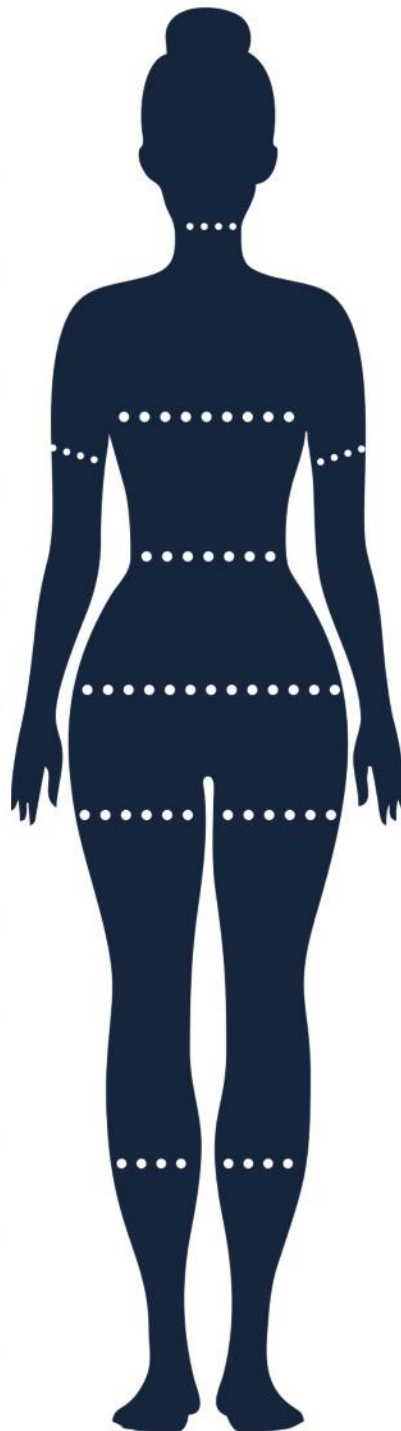


# Body Measurement

## TRACKER FOR WOMEN

BEFORE

DATE	
NECK	
CHEST	
LEFT ARM	
RIGHT ARM	
WAIST	
HIPS	
LEFT THIGH	
RIGHT THIGH	
LEFT CALF	
RIGHT CALF	
WEIGHT	



AFTER

DATE	
NECK	
CHEST	
LEFT ARM	
RIGHT ARM	
WAIST	
HIPS	
LEFT THIGH	
RIGHT THIGH	
LEFT CALF	
RIGHT CALF	
WEIGHT	