



BODY MEASUREMENT CHART

Name: _____

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
Start	— / —	— / —	— / —	— / —	— / —	— / —	— / —	— / —	— / —	— / —	— / —	— / —
Left Arm												
Right Arm												
Bust												
Waist												
Hips												
Left Thigh												
Right Thigh												
Left Calf												
Right Calf												
Weight												

