



Fit & Lean in 2014

001: Measurement Log

NAME: _____

AGE: _____ HEIGHT: _____

Location of Measurement	Initial (Week One):	Week Two:	Week Three:	Week Four:
Chest: Under arms (arms at sides)				
		+/-	+/-	+/-
Waist: Smallest part				
		+/-	+/-	+/-
Abdomen: 2 fingers before navel				
		+/-	+/-	+/-
Hips: Feet together, Widest part				
		+/-	+/-	+/-
Right Thigh: Directly under glute line				
		+/-	+/-	+/-
Weight (lbs):				
		+/-	+/-	+/-
Total Inches +/-				
Total Weight +/-				



001: Measurement Log

NAME: _____

AGE: _____ HEIGHT: _____

Location of Measurement	Week Five:	Week Six:	Week Seven:	Week Eight:
Chest: Under arms (arms at sides)				
	+/-	+/-	+/-	+/-
Waist: Smallest part				
	+/-	+/-	+/-	+/-
Abdomen: 2 fingers before navel				
	+/-	+/-	+/-	+/-
Hips: Feet together, Widest part				
	+/-	+/-	+/-	+/-
Right Thigh: Directly under glute line				
	+/-	+/-	+/-	+/-
Weight (lbs):				
	+/-	+/-	+/-	+/-
Total Inches +/-				
Total Weight +/-				