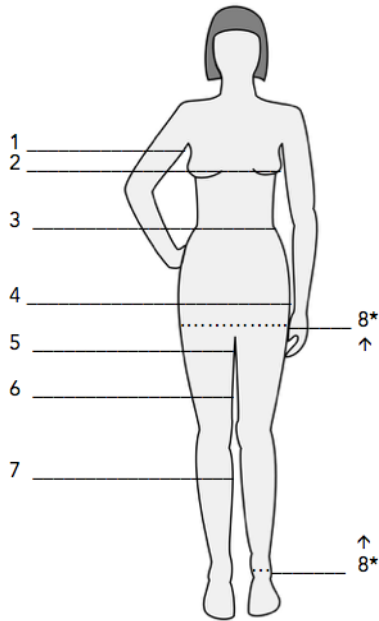




10-Class Measurement Sheet



How to measure:

1. Upper arm: Measure horizontally at the widest area.
2. Chest: Measure horizontally at the widest area.
3. Waist: Measure horizontally at the smallest area.
4. Hips: Measure horizontally at the widest area.
5. Upper thigh: Measure horizontally at the widest area.
6. Lower thigh: Measure horizontally at the smallest area.
7. Calf: Measure horizontally at the widest area.
- \*8. Bottom lift: Measure vertically across the back of your leg from floor to lowest part of your bottom. Note, that this measurement is meant to be more after than before, and the inch difference is counted into your overall inch loss.

Always measure on the same side (or both) and in the mornings before breakfast with no clothes covering your body.

1. Upper arm	
Before	
After	
Result	

5. Upper thigh	
Before	
After	
Result	

2. Chest	
Before	
After	
Result	

6. Lower thigh	
Before	
After	
Result	

3. Waist	
Before	
After	
Result	

7. Calf	
Before	
After	
Result	

4. Hips	
Before	
After	
Result	

8. Bottom lift	
Before	
After	
Result	

Overall inch loss: .....