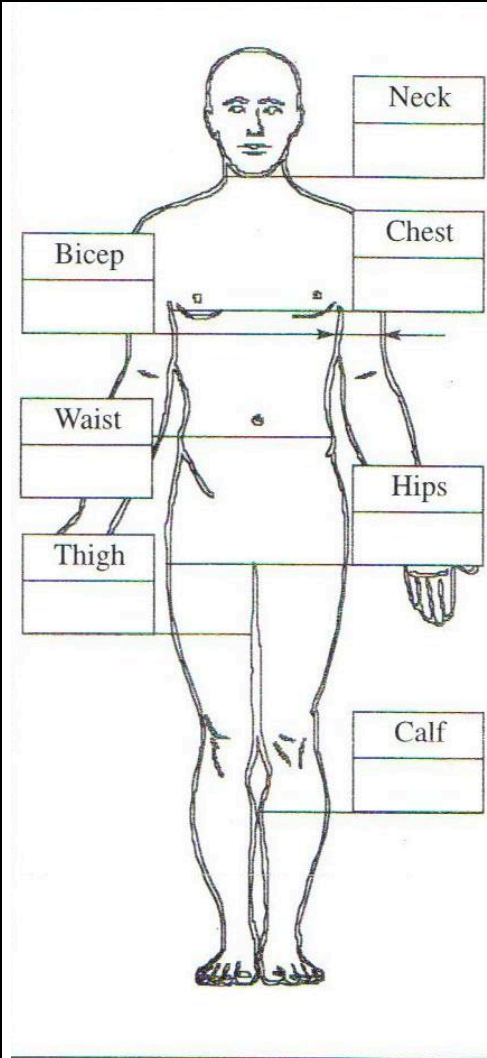


DATE :

WEIGHT:

INCHLOSS:

WEIGHT (Kg's) :



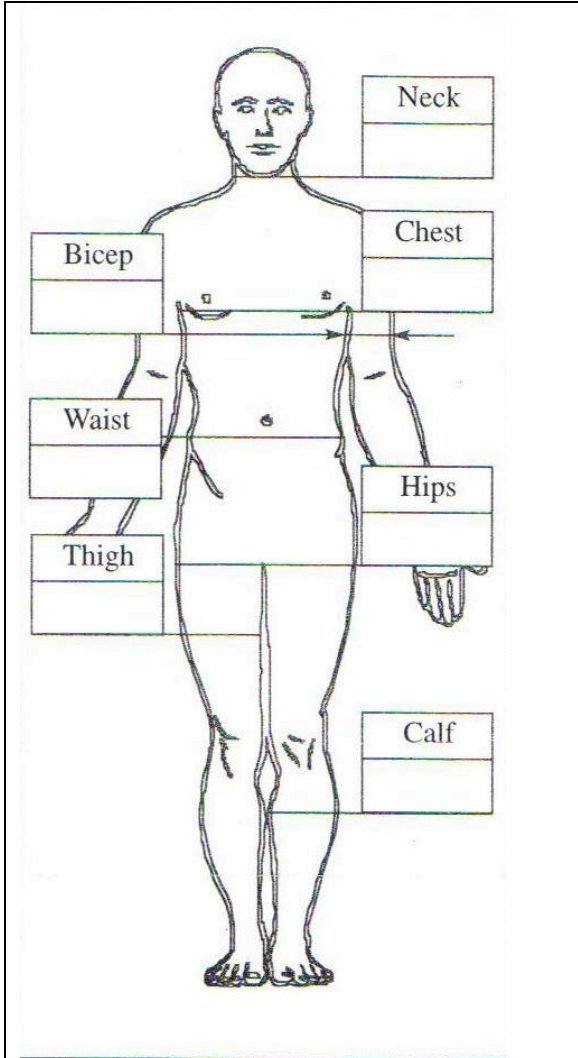
DATE :

WEIGHT:

INCHLOSS:

WEIGHT LOSS:

Video of how to do your measurements can be found at
<http://www.youtube.com/watch?v=y3KSQRzHTwA>



DATE :

WEIGHT:

INCHLOSS:

WEIGHT :