

BODY MEASUREMENT CHART

MONTH OF _____

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WEIGHT				
BUST				
UPPER ARM				
FOREARM				
WRIST				
WAIST				
HIP				
THIGH				
CALF				
BODY MASS INDEX				
WAIST-HIP RATIO				
BODY FRAME SIZE				
BODY FAT %				
GOAL BMI				
GOAL WEIGHT				

DISCLAIMER:

The workout plans, yoga flows, nutrition tips and healthy lifestyle advice shared through our website and/or PDF guides is aimed at healthy adult women and is not a substitute for medical advice or treatment for specific medical conditions.

If you experience any pain or difficulty while doing any exercise described, including sudden dizziness, chest pain, an irregular heartbeat, weakness or unusual shortness of breath, immediately stop exercising and consult your health care provider.

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