Weight Loss Measurement Chart

| Name: | |
|-------|--|
| | |

| Date | Weight | Neck | Chest | L Arm | R Arm | Waist | Hips | L Thigh | R Thigh | L Calf | R Calf |
|------|--------|------|-------|-------|-------|-------|------|---------|---------|--------|--------|
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| Additional Notes: | | | | | | | |
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