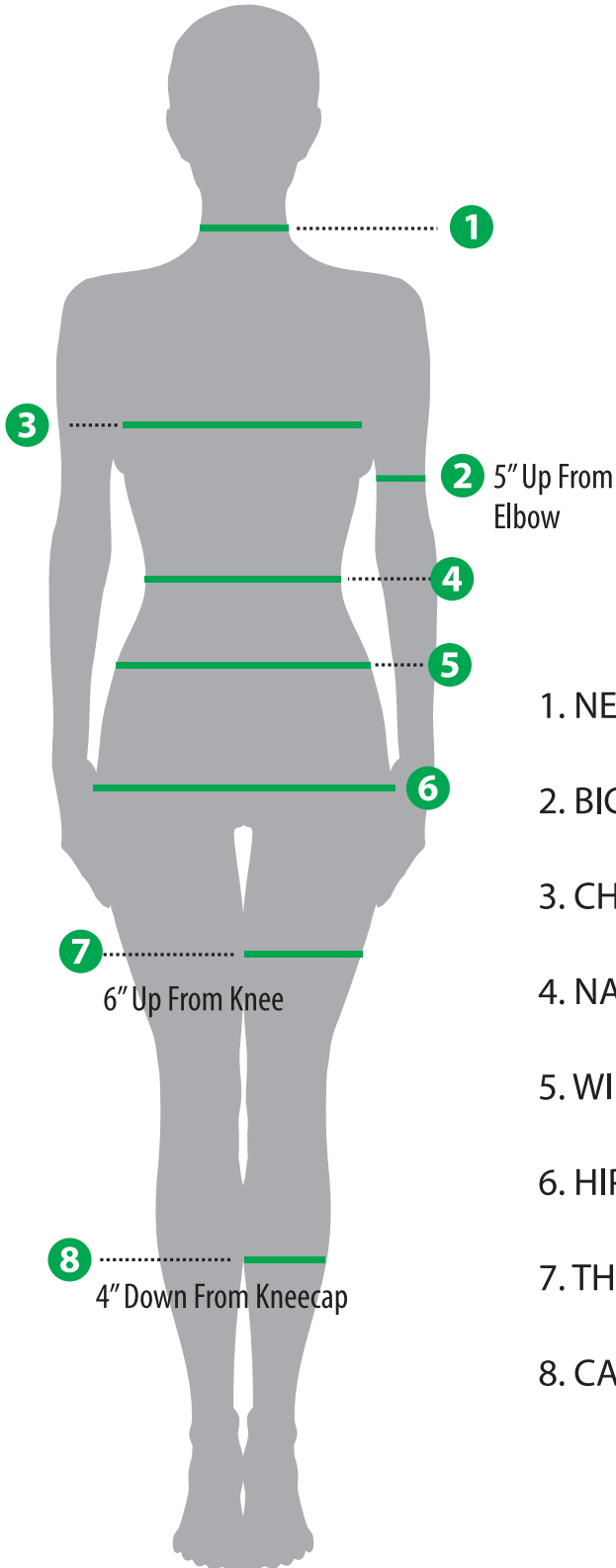


BODY MEASUREMENT GUIDE

MEASURE YOUR SUCCESS!



RECORD YOUR MEASUREMENTS

Measuring key areas of your body is the best way to track the fat you burn and the muscle mass you build. Measure these areas of your body at the same time each week, ideally first thing in the morning and while wearing the same type of form-fitting clothing.

1. NECK _____
2. BICEP _____
3. CHEST _____
4. NARROWEST WAIST _____
5. WIDEST WAIST _____
6. HIPS _____
7. THIGH _____
8. CALF _____