

Body Measurement

before	exercise	after
Date		Date
Neck	Details	Neck
Chest		Chest
Left Arm	Details	Left Arm
Right Arm		Right Arm
Waist	Details	Waist
Hips		Hips
Left Thigh	Details	Left Thigh
Right Thigh		Right Thigh
Left Calp	Details	Left Calp
Right Calp		Right Calp
Weight	Details	Weight