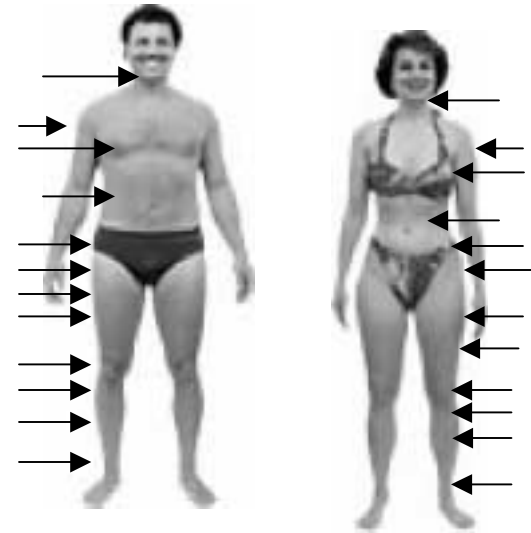


Measuring Chart

Take your beginning weight. Then put your scales away and follow your measurements. If you are losing properly your scales will not be a good indicator of your success. **MEASURE WEEKLY – WEIGH MONTHLY – YOUR CLOTHES WILL TELL YOUR PROGRESS!**

Measure	Start Date		Weight								
	Start Date	Week 1	Week 2	Week 3	Week 4	Total					
Neck											
Chest											
Up R Arm Up L Arm											
Rib Cage											
Waist											
Abdomen											
Hip											
Up R Thigh Up L Thigh											
Lwr R Thigh Lwr L Thigh											
Up R Knee Up L Knee											
Calf R Calf L											
Ankle R Ankle L											



When you follow the proper weight management program, your body will rotate between the loss of pounds and the loss of inches.

Initially, you will lose fluid weight as a result of controlling your insulin levels. After the initial loss of excess fluid-related weight, you should begin reducing fat stores and inches.

Remember, fat weighs far less than muscle, so you will lose more inches, when compared to pounds people usually expect to lose.

Losing 1-3 pounds a week will allow you to maintain your muscle density while you reduce body fat and maintain skin elasticity.