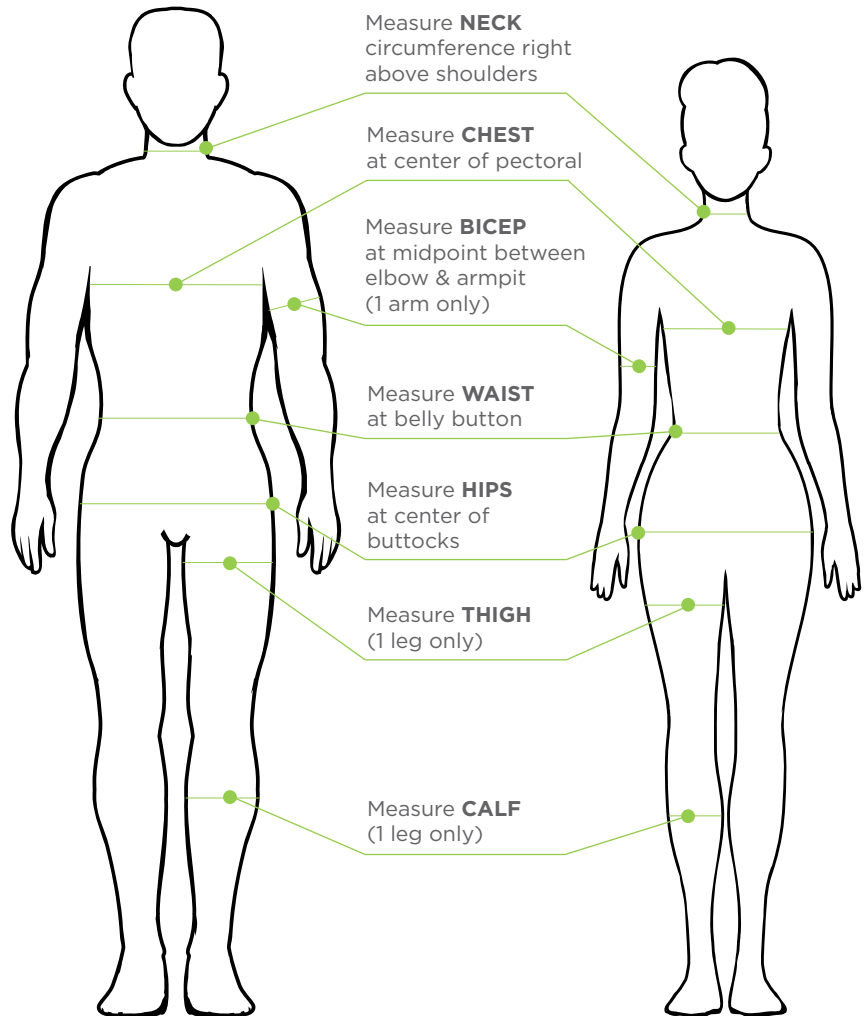


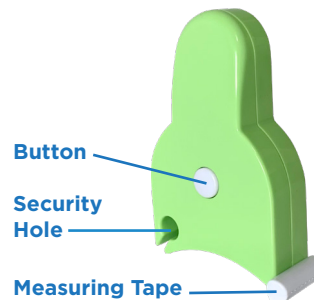
WEEKLY TRANSFORMATION TRACKING CHART

Track your **weekly weight loss** and enter it into the table shown. Using the reference chart below, track your **weekly pounds and inches** for the six areas indicated and record it in the table.

Measure the circumferences of your body parts as shown below.



WEEK	POUNDS LOST	INCHES LOST					
		Neck	Bicep	Chest	Waist	Hips	Thigh
BEGINNING WEIGHT AND MEASUREMENTS							
0							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
TOTAL							



STEPS

1. Push the button and stretch the measuring tape until you get a good length.
2. Go around the designated area and insert the white tip of the tape into the hole to secure it.
3. Once secured and the tape is in the correct spot, push the button to tighten the tape.
4. Read the number and write it down on you tracking chart.