

Monthly Measurements

Record inches and weight at regular intervals to keep track of your progress over time.

	Start	1 Month	2 Months	3 Months	6 Months	9 Months	1 Year
Neck							
Right Arm							
Left Arm							
Chest							
Bust							
Waist							
Hips							
Right Thigh							
Left Thigh							
Right Knee							
Left Knee							
Right Calf							
Left Calf							



SHAPE
ReClaimed