




Get Your Body Back-NOW!

### WEIGHT AND MEASUREMENT GRID

	WEIGHT	STOMACH	THIGHS	ARMS	CHEST	NECK	HIPS/BUTT
DAY 1							
DAY 2							
DAY 3							
DAY 4							
DAY 5							
DAY 6							
DAY 7							
TOTAL							

Weight and measurements can be collected as frequently as you prefer – i.e., daily, often or merely twice. Be sure to weigh yourself at the beginning and end of the diet. Make sure you use the same scale for both the before and after weights. NOTE: Always weigh yourself first thing in the morning before eating. Measure yourself before and after the diet, please write down exact measurements. Remember: inches lost are more important than pounds. Inches are what you see.