

Inch Loss Measurement Chart

Name: April

Modality: Parafango Body Wrap

Diet: 1500 Cal/Day

Exercise: 3 times per week

Date	Time	Weight		Calves		Thighs		Hips	Waist	Chest	Biceps		Total
		Pre	Post	Left	Right	Left	Right				Left	Right	
07/18/07	7:00	181	180.5	15 1/2	14 3/4	26 1/4	26 1/4	43 3/4	35 1/4	39	13	12 1/2	226 1/4
07/25/07	7:30	181	179.9	15 1/2	15 1/4	26	26	42	34 1/4	38 1/2	12 1/2	12 1/2	222 1/2
08/01/07	7:30	177.5	176.5	15 1/4	15 1/4	25 1/2	26 1/4	42 3/4	34 3/4	39	12 1/2	12 1/4	223 1/2
08/08/07	7:25	176	175.5	15 1/4	15	25 1/2	25 3/4	42 3/4	34	39	12 1/2	12	221 3/4
08/22/07	7:15	173	173	15	14 3/4	25	26	43	33 3/4	39	12 3/4	12 1/2	221 3/4
09/04/07	7:30	173	172.5	15	14 3/4	24 3/4	26 1/4	41 3/4	34	38	12 3/4	12 1/2	219 3/4
09/15/07	8:40	173	173	14 3/4	14 1/2	24 1/2	25	41 1/2	32 3/4	38 1/2	12 3/4	12 1/2	216 3/4

Calves: Measure around the fullest area

Thighs: Measure the upper thighs, 2" below where the buttocks merge into the back thigh.

Hips: Measure the hips around the fullest part of the buttocks with your heels together.

Waist: Measure the waist around narrowest part of the trunk, or approx 1 in above the navel.

Chest: Measure around the fullest part of chest

Biceps: Measure around the fullest part with arm held shoulder high to the side or about 1" from arm pit