THE VIRTUAL SLIMMING CLINIC

MEASUREMENTS TRACKER

		BEFORE	AFTER
	NECK		
	BUST		
·····	BICEPS		
	WAIST		
	HIPS		
	THIGH		
	CALF		
	WEIGHT		

MEASUREMENTS

DATE			GOAL
NECK			
BUST			
BICEPS			
WAIST			
HIPS			
THIGH			
CALF			
WEIGHT			
BMI			