

DON'T SAY DIET

Female Weight Chart

Starting size:	
Goal weight:	

Date						
Weight						
Bust						
Under bust						
Waist						
Hips						
Right Thigh						
Left Thigh						
Right Arm						
Left Arm						

Date						
Weight						
Bust						
Under bust						
Waist						
Hips						
Right Thigh						
Left Thigh						
Right Arm						
Left Arm						

Date						
Weight						
Bust						
Under bust						
Waist						
Hips						
Right Thigh						
Left Thigh						
Right Arm						
Left Arm						