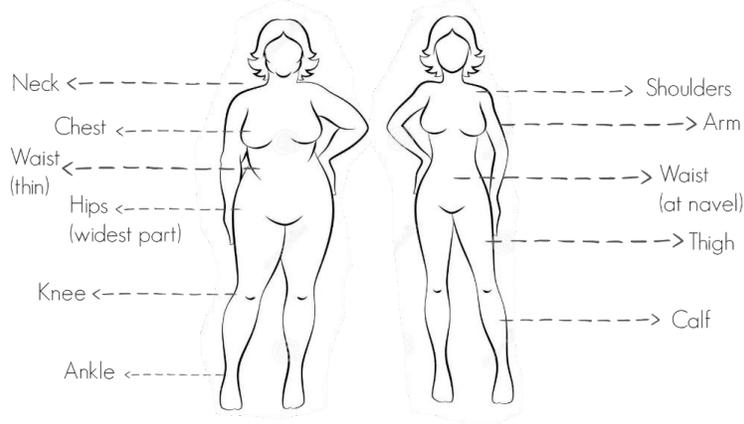


FALL INTO CHRISTMAS



	Before	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12	Total
Height								
Weight								
Neck								
Shoulders								
Chest								
Arm (right)								
Waist (thin)								
Waist (navel)								
Hips (widest part)								
Thigh (Right)								
Knee (Right)								
Calf (Right)								
Ankle (Right)								
Total Inches Lost (optional)								