Measure in the same spot each time	Neck	L. Arm	R. Arm	Chest	Waist	Hips	L. Thigh	R. Thigh	L. Calf	R. Calf	LBS
Day 1											
Day 7											
Day 14											
Day 21											
Day 28											
Day 35											
Day 42											
Day 49											
Day 56											