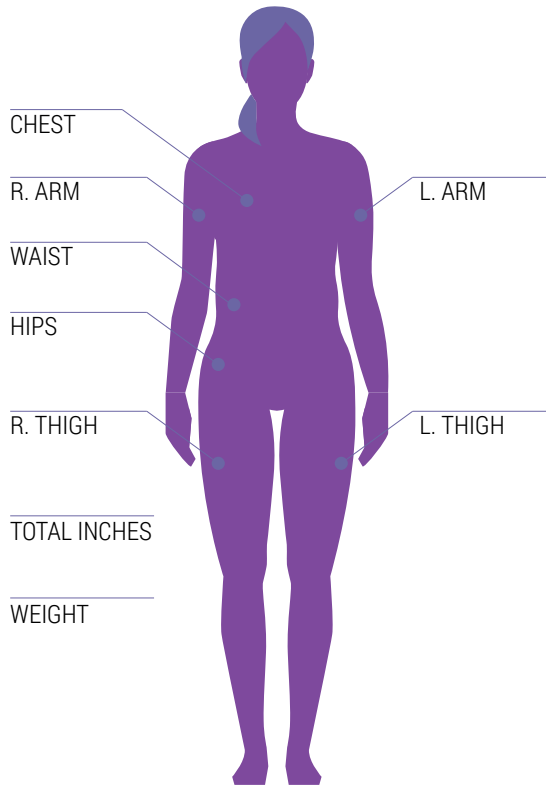
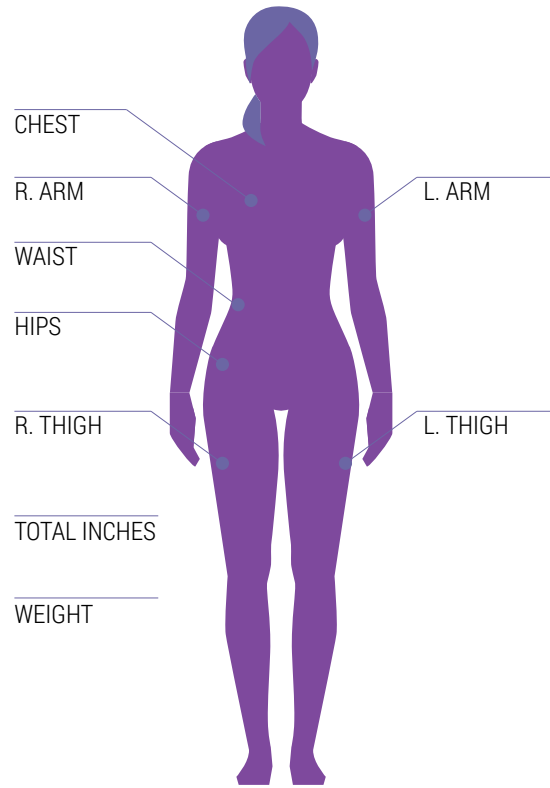


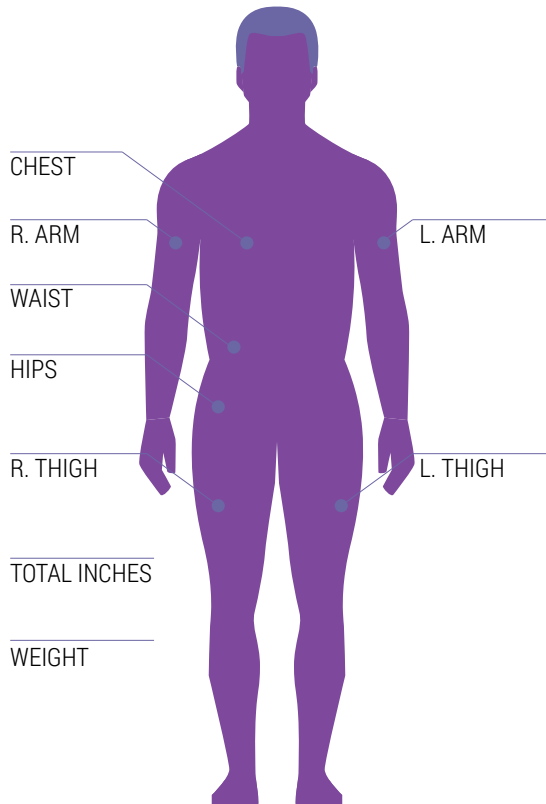
## "BEFORE" STATS



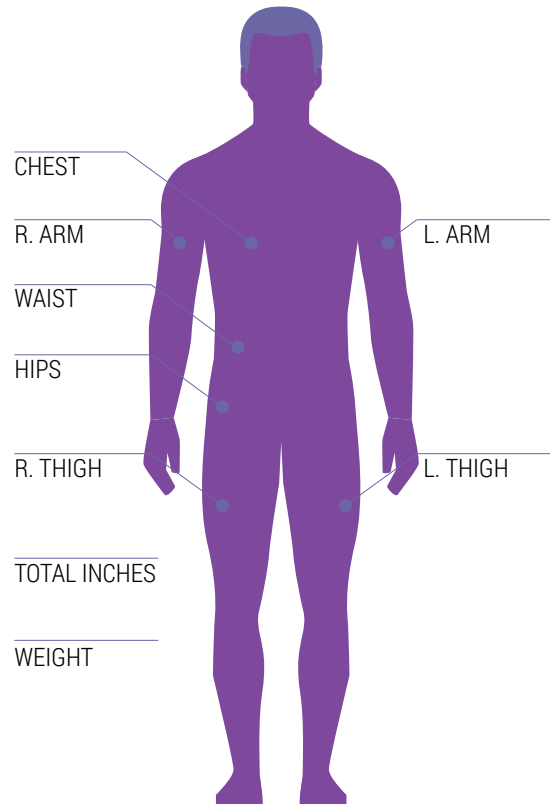
## "AFTER" STATS



## "BEFORE" STATS



## "AFTER" STATS



## MEASUREMENTS:

RECORD YOUR WEIGHT AND MEASUREMENTS EVERY TWO WEEKS.

Date	Weight	Waist	Chest	Hips	Thighs	Biceps	BMI
WEEK 1							
WEEK 3							
WEEK 5							
WEEK 7							
WEEK 9							
WEEK 11							
WEEK 13							
WEEK 15							

## CALCULATE AND RECORD YOUR BMI:

There are three simple steps for computing BMI using pounds:

1. Multiply your weight in pounds by 703.
2. Multiply your height in inches by itself.
3. Divide the figure from step 1 by the figure in step 2.

$$\text{BMI} = \frac{\text{Weight in pounds} \times 703}{\text{Height in inches}^2}$$

### Metric Formula:

1. Take your weight in kilograms.
2. Divide your weight by your height in meters squared.

$$\text{BMI} = \frac{\text{Weight in kilograms}}{\text{Height in meters}^2}$$