



## 6-MONTH PERSONAL PROGRESS CHART

	Date	Date	Date	Date	Date	Date
Chest (at nipple line)	—	—	—	—	—	—
Biceps (right arm, in the middle)	—	—	—	—	—	—
Waist (at narrowest point)	—	—	—	—	—	—
Belly (midway between waist & hips)	—	—	—	—	—	—
Hips (largest protrudence of buttocks)	—	—	—	—	—	—
Thighs (right leg, just below buttocks)	—	—	—	—	—	—
Knee (sitting position, right knee straight)	—	—	—	—	—	—
Ankle (right ankle, at narrowest point)	—	—	—	—	—	—
Weight	—	—	—	—	—	—