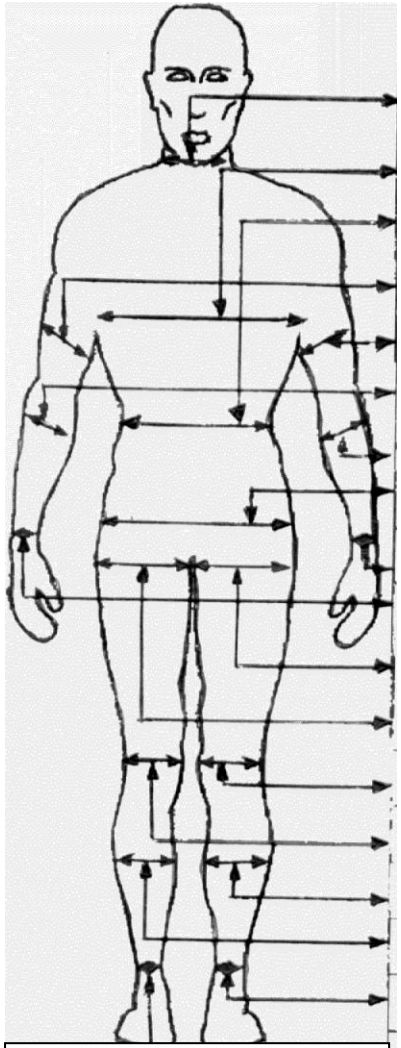
HERBALIFE MEASUREMENT CHART



Name:_____

Date started Herbalife:_____

	Start	Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10	Total Loss
Neck												
Chest												
Waist												
R Upper												
L Upper												
R Fore												
L Fore												
Hips												
L Wrist												
R Wrist												
L Thigh												
R Thigh												
L Knee												
R Knee												
L Calf												
R Calf												
L Ankle												
R Ankle												
TOTAL												
Weight												