MEASUREMENT CHART

MARIANA: Email address 0225729848

coach@nutritionmission.co.za

	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	TOTAL
NEC	к		,					ı				LOSS
CHES	ST .											
WAIS	т			1								
R. UPP	ER				ja .							
L. UPP	ER											
R. FOF	RE								!			
L. FOR	E						8					
HIPS												
L. WRI	БТ				P.							
R. WRI	ST											
L. THIG	н							1				
R. THIC	ЭН			3								
L. KNE	E		•									
R. KNE	Ε										38	
L. CAL	F					1			;		•	•
R. CAL	F					7				,	·	
L. ANKI	.E			~								
R. ANKI	_E											
IAME: TOTAL	-							2				
DATE STARTED HERBALIFE: WEIGH	т						,					The second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is the second section in the second section in the second section is section in the second section in the section is section in the section in the section is section in the section in the section in the section is section in the section in the section is section in the section in the section in the section is section in the section in the section in the section is section in the section in the section in the section is section in the section in the section in the section is section in the section in the section in the section in the section is section in the section in the section in the section is section in the section in the section in the section is section in the sectio