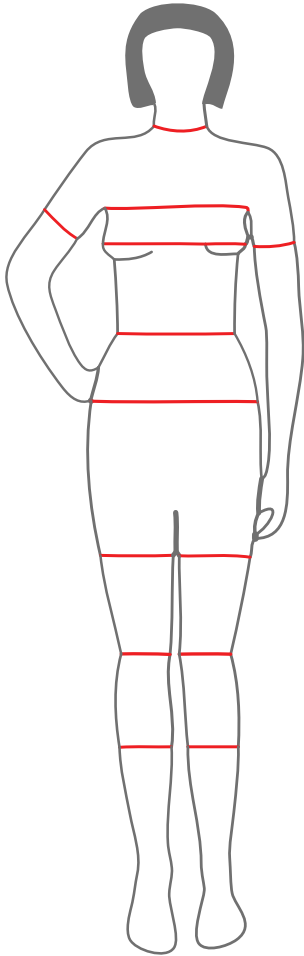


Weight Loss Chart

USING WHOLE BODY VIBRATION



Where do I take my Measurements?

Neck - Around the neck where a collared shirt would sit

Arms - Around the upper arm between the shoulder and elbow

Upper Chest - Arm pit to arm pit with arms hanging down

Chest - Measure the chest directly across the nipples

Waist - Measure where your belt would normally sit

Hips - Measure across the widest part of the hips

Thighs - Measure between the hip and the knee at thickest point

Knee - Measure over the fatty part of the inner knee

Calf - Measure across the biggest part of the calf

	Week 1	Week 3	Week 5	Week 7
Neck				
Arms				
Upper Chest				
Chest				
Waist				
Hips				
Thighs				
Knee				
Calf				