

HealthTrim®

Measurement & Weight Chart

*Track your progress by recording body measurements in **inches** on the following days

Measurements	Start	Day 3	Day 10	Day 30	Total Inches Lost
Neck					
Upper Arm (Left)					
Upper Arm (Right)					
Chest (Men at armpit, Women at bust)					
Diaphragm (rib cage)					
Waist					
Abdomen 6" Below Waist					
Buttocks 9" Below Waist					
Upper Thigh (Left)					
Upper Thigh (Right)					
Calf (Left)					
Calf (Right)					
Upper Knee (Left)					
Upper Knee (Right)					
*Weigh yourself before starting the program and at the days indicated above					
Weight					Total Weight Lost

BMI (Body Mass Index)	
Weight X 703 divided by Height divided by Height = BMI	
Beginning BMI	
Ending BMI	

BMI	Weight Status
Below 18.5	Underweight
18.5-24.9	Normal
25-29.9	Overweight
30 and above	Obese