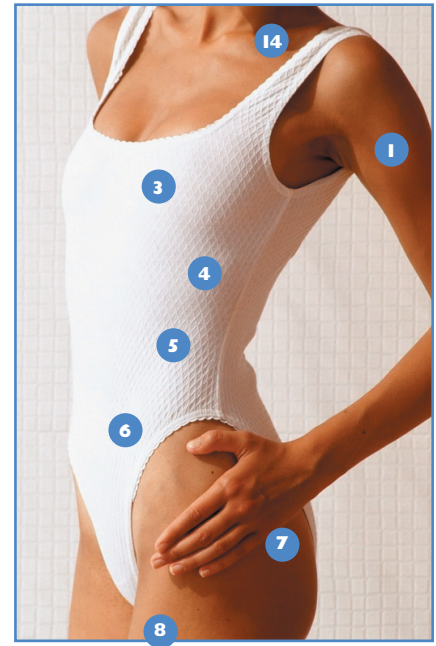


Female Measurement Charts

Measurements	Prep Day	Day 3	Day 7	Day 15	Day 30	Totals
1. Upper Arm (L)						
2. Upper Arm (R)						
3. Bust (fullest part)						
4. Rib Cage						
5. Waist						
6. Abdomen (6" from Waist)						
7. Buttock (9" from Waist)						
8. Upper Thigh (L)						
9. Upper Thigh (R)						
10. Calf (L)						
11. Calf (R)						
12. Upper Knee (L)						
13. Upper Knee (R)						
14. Neck						
Total Inches						
Total Inches Lost						
Total Body Fat %						
Total Body Fat % Lost						
Total Weight						
Total Weight Lost						



WOMEN

- 1) Match these numbers to the numbers on the chart.
- 2) Make sure you measure at the same time of day, preferably in the early morning.
- 3) Record your results in the chart as indicated—total inches and weight at the bottom of the column.
- 4) Watch the weight and more importantly the inches drop off.

Female Body Fat Percentages Compared By Age Groups

Age	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74
Health: Excellent	17.9%	18.9%	19.7%	21.0%	22.6%	24.3%	26.6%	27.4%	28.4%	29.0%	29.4%
Health: Good	22.1%	22.0%	22.7%	24.0%	25.5%	27.3%	29.7%	30.7%	31.7%	32.7%	33.7%
Health: Fair	25.0%	25.4%	26.4%	27.7%	29.3%	30.9%	33.5%	34.0%	34.5%	35.0%	35.5%
Health: Poor	29.6%	29.8%	30.5%	31.5%	32.3%	34.1%	36.2%	37.3%	38.3%	39.3%	40.3%

