

Name:

Body Sculpting Chart

Week	Date	Neck	Chest	Upr. Chest	L. Arm	R. Arm	Midriff	Waist	InchesLost	Total Loss
1										
2										
3										
4										
5										
6										

Week	Date	Hips	L.Thigh	R.Thigh	L.Knee	R.Knee	L.Calf	R.Calf	InchesLost	Total Loss
1										
2										
3										
4										
5										
6										

	Pre	Post	Notes
Z Impedence			
Ph Phase			
R Resistance			
Xc Reactance			
Weight			
Height			
Age			