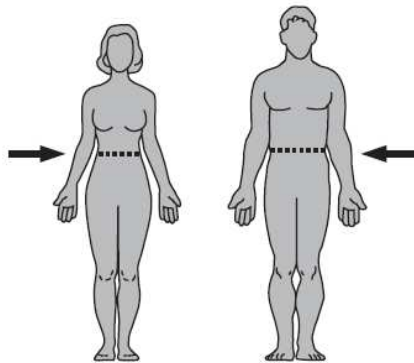


# Waist Circumference Chart

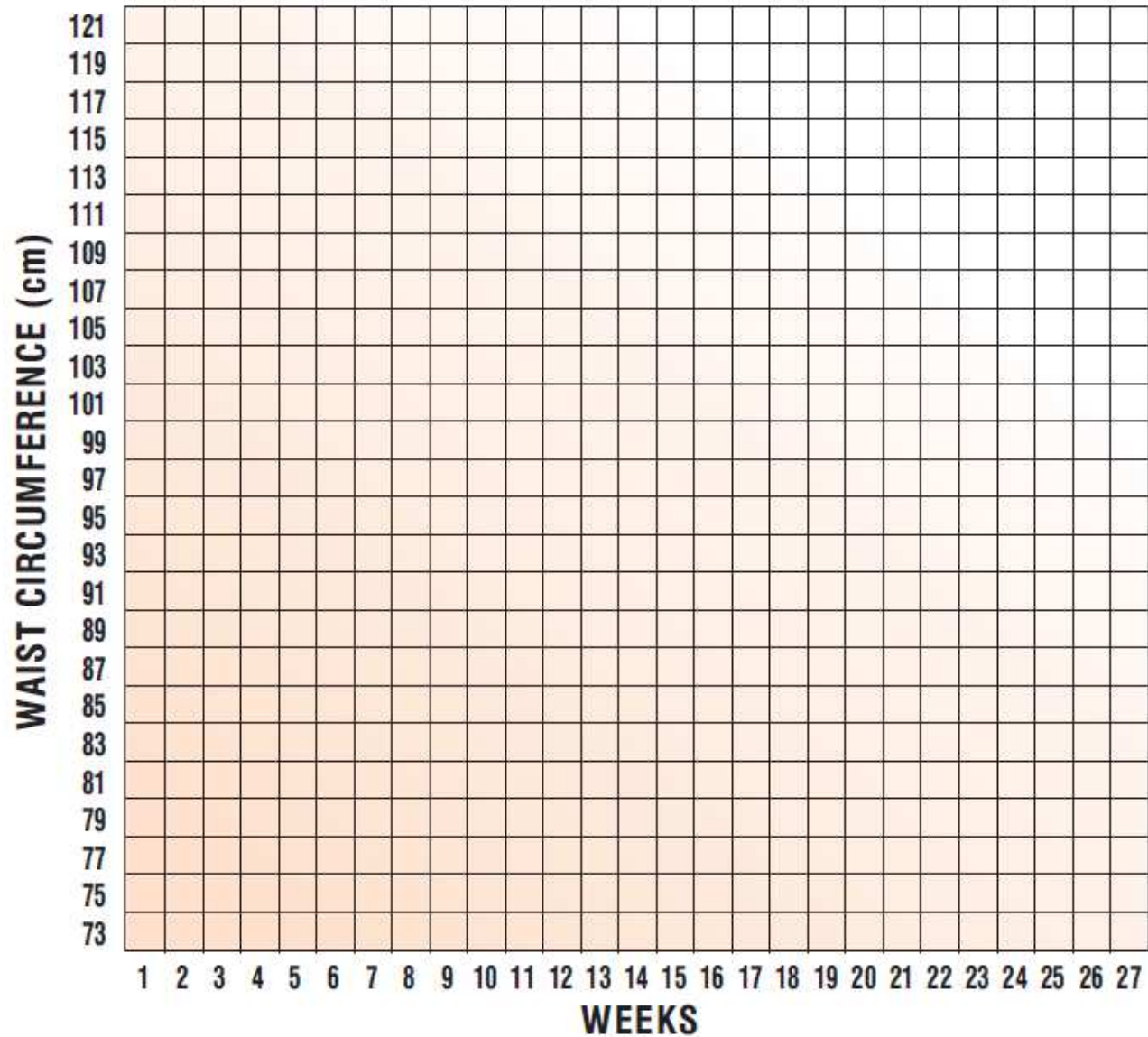
Use this chart to record changes in your Waist Circumference

Starting Waist Circ. = \_\_\_\_\_ cm

Draw a line at the level of your waist circumference goal.



To measure your waist circumference, place a tape measure around your body at the level of the uppermost part of your hipbone. This is usually at the level of your navel.



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