

FIT FAST MEASUREMENT RECORD

Neckline _____

Bust _____

Arm Pits _____ R _____ L

Midriff _____

Waist _____

Stomach _____

Hips _____

Thighs _____ R _____ L

Shins _____ R _____ L

Upper Arm _____ R _____ L

Lower Arm _____ R _____ L

Other _____ R _____ L

Total Inches Lost or Gained Since Last Measurement: _____

Total Inches Lost or Gained Since Start Date: _____

Date: _____