

Inch Loss Measurement Chart

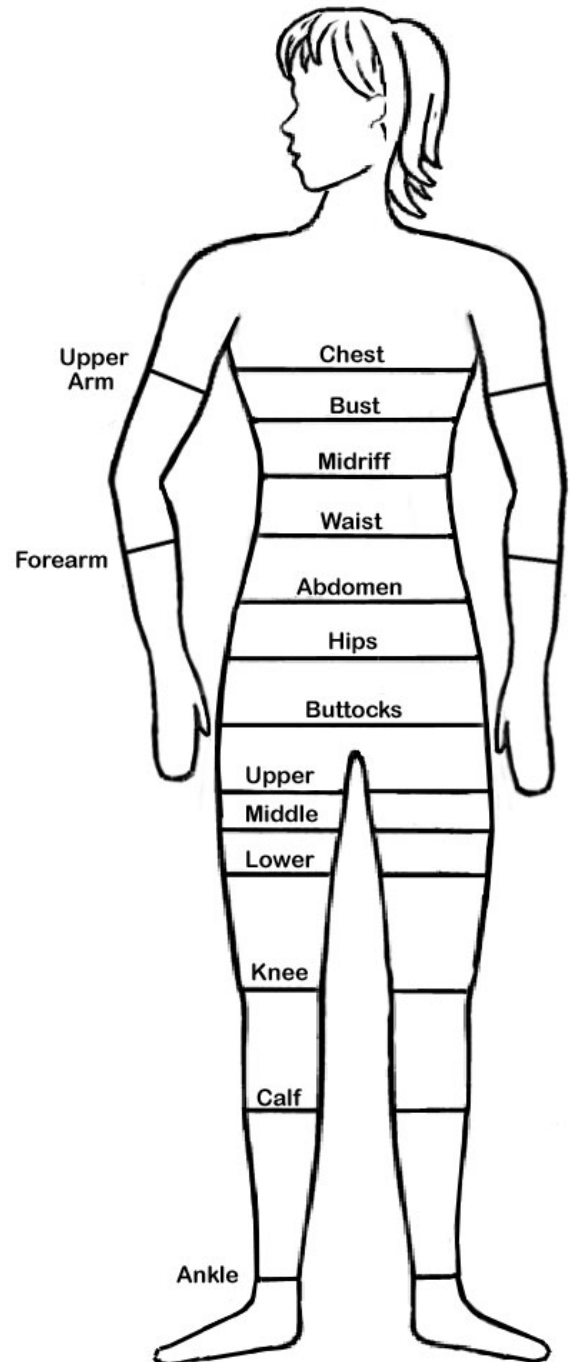
Use this Measurement Chart as a guide for where to measure the areas you plan to wrap. The locations for measuring are only listed as a guide.

When measuring, wrap the measuring tape around the area and make the skin both above and below the tape with a pen or a marker. This will allow you to capture true results by being sure to measure in the exact same spot after the wrap.

When measuring for before and after the wrap, be sure to stand in the same position, relax the muscles, use the same tension on the tape measure, and measure in the exact location on the body.

Use the Chart on back to record your measurements for each area before and after the wrap. Subtract the *after* from the *before* for each area of the body then add up the total inches lost!

If you are performing a series of wraps, recording each before and after will give you a better picture of the results over the course of the sessions. A series of wraps always provides better results.



Inch Loss Measurement Chart

	1st Wrap Date _____			2nd Wrap Date _____			3rd Wrap Date _____		
	Before	After	Inches Lost	Before	After	Inches Lost	Before	After	Inches Lost
R. UpperArm									
R. Forearm									
L. UpperArm									
L. Forearm									
Chest									
Bust									
Midriff									
Waist									
Abdomen									
Hips									
Buttocks									
R. Upper Thigh									
R. Mid Thigh									
R. Lower Thigh									
R. Knee									
R. Calf									
R. Ankle									
L. Upper Thigh									
L. Mid Thigh									
L. Lower Thigh									
L. Knee									
L. Calf									
L. Ankle									
Total Inches Lost									