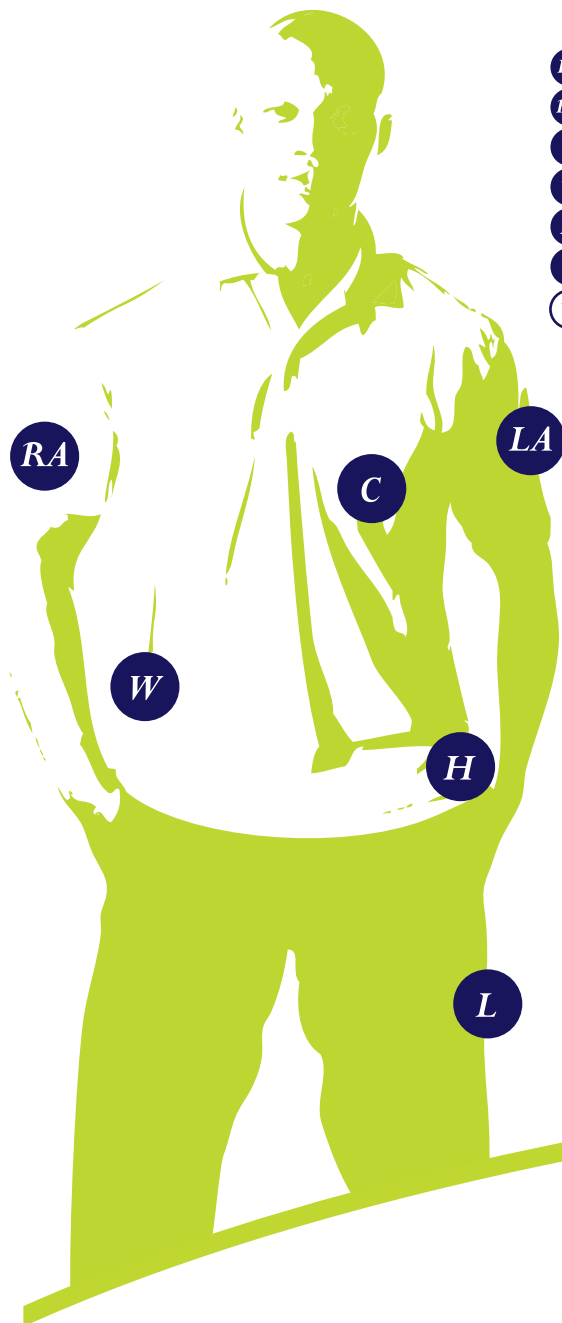


# YOUR *FREE* HERBEX WEIGHT-LOSS CHART



	week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8	week 9	week 10	week 11	week 12
LA Left Arm												
RA Right Arm												
C Chest												
W Waist												
H Hips												
L Legs												
W Weight												

## MEASURING *TIPS*

- LA RA** Arm : Measure around the largest part of each arm above the elbow.
- C** Chest : Wrap the measuring tape around the largest part of your chest, straight across the nipples, snug against your skin but not binding.
- W** Waist : Measure a thumb above your belly button or at the smallest part of your waist.
- H** Hips : Place tape measure around the biggest part of your hips.
- L** Legs : Measure around the biggest part of each thigh.
- W** Weight : Weigh yourself at the same time of day, on the same day of the week, on the same scale and in the same clothes.

## A FEW *NOTES*

1. People who weigh/measure themselves regularly tend to have more weight-loss success.
2. But most experts suggest weighing yourself only once a week, so you're not derailed by daily fluctuations.
3. Checking it once a week or every other week instead of daily.
4. Having the same person measure you each time.
5. Hydration, food intake and skin temperature can affect body measurements.
6. Keep track of your numbers in a journal or calendar.
7. Be realistic with your goals.
8. Always take 'weights and measurements' before exercising.

Name: \_\_\_\_\_  
Start weight: \_\_\_\_\_  
Start date: \_\_\_\_\_  
Goal weight: \_\_\_\_\_



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Get slim. Get Herbex.