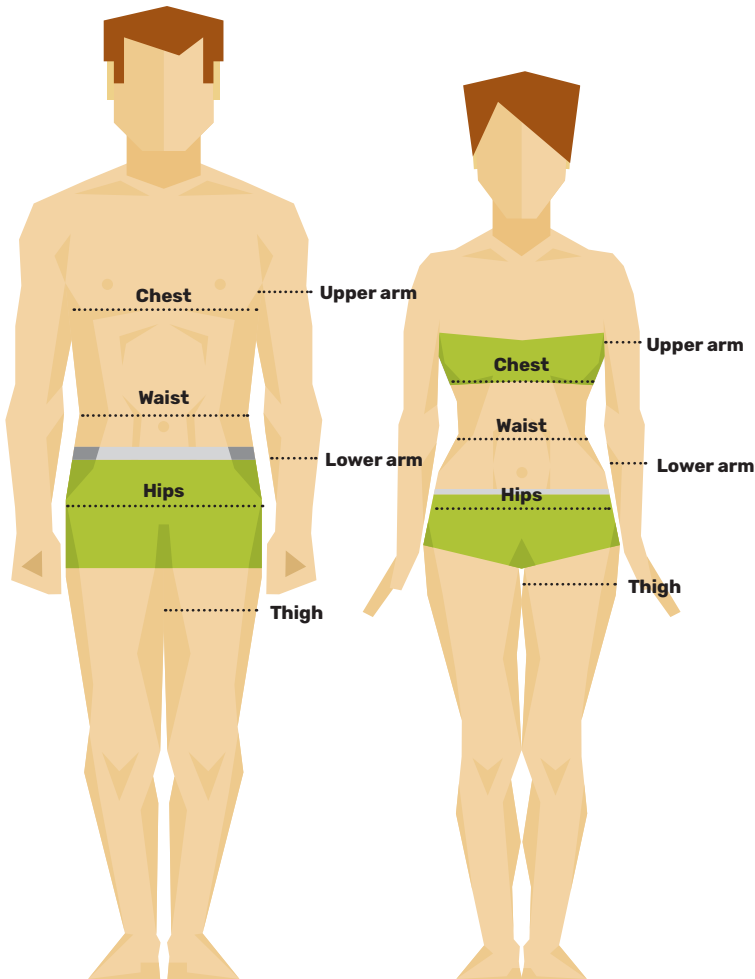


RF. RN.

"Forget About The Scale" F.A.T.S 12 Week Weight-loss Challenge



Name _____



POINTS TO MEASURE

BEFORE	Dress/Pants size:	AFTER	Dress/Pants size:
	Height:		Height:
	Weight:		Weight:

Date												
Week	1	2	3	4	5	6	7	8	9	10	11	12

Chest												
Waist												
Hips												
Thighs												
Upper arms												
Lower arms												

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Loss												

TOTAL LOSS (over 12 weeks) =