

Measuring My Success with OsoLean™

	Start	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Date / Day Measured									
Neck									
Bust (@ nipples)									
Chest (under breast for women)									
Waist									
Tummy (at belly button)									
Hip									
R Thigh (in. from floor)									
L Thigh (in. from floor)									
R Knee									
L Knee									
R Calf									
L Calf									
R Ankle									
L Ankle									
R Upper Arm at armpit									
L Upper Arm at armpit									
R Forearm									
L Forearm									
R Wrist									
L Wrist									
Weight									

Try to weigh and measure the same time every week. Some weeks you will not lose pounds but you will notice a change on the measuring tape.