

Slimmer Abs & Thighs - Assessment

Name.....

Date.....

Week.....

Weight

Body Fat%.....

Dress Size

Circumference Measurements

Chest (cm)	
Waist (cm)	
Hips(cm)	
Thigh(cm)	
Calf (cm)	
Upper Arm (cm)	

Waist-to-hip Ratio

Waist / Hip =	
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