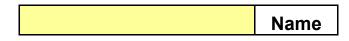


Personal Data Sheet #1

Update Monthly Only



| Date | Weight | Loss, since | Total Loss |
|----------------|--------|-------------|------------|
| | | | |
| Start Weight - | | | |
| 30 Days - on | | | |
| 60 Days - on | | | |
| 90 Days - on | | | |

| Personal Data Sheet # 2 | Update | Monthly Only | | | | |
|--------------------------------------|--------|----------------|----------------|-----------------|----------------|-----------------|
| | Name | | | | | |
| Measurements: | Month | Month | | Month | | |
| | Start- | Change | Change | Total | Change | Total |
| Neck | | | | | | |
| Upper Arm - R | | | | | | |
| Upper Arm - L | | | | | | |
| Above the Bust/Chest | | | | | | |
| Bust/Chest | | | | | | |
| Midway between Bust/Chest & Waist | | | | | | |
| Waist (pulled in) | | | | | | |
| Waist (let out) | | | | | | |
| Abdomen | | | | | | |
| Hips | | | | | | |
| Upper Thigh - R | | | | | | |
| Upper Thigh - L | | | | | | |
| Knee - R | | | | | | |
| Knee - L | | | | | | |
| Calf - R | | | | | | |
| Calf - L | | | | | | |
| Ankle - R | | | | | | |
| Ankle - L | | | | | | |
| Total Inches | | | | | | _ |
| | | Total | Total | Total Inches | Total | Total Inches |
| | Start- | Inches Lost | Inches Lost | Lost | Inches Lost | Lost since |

Personal Data Sheet #3

| Update Annually | | |
|-----------------|------|-------------------------------|
| | Name |] |
| | _ | |
| Date | | |
| | 1 | |
| Cholesterol | | Normal < 200 |
| | | |
| LDL (lousy) | | LDL and HDL #'s close |
| | | |
| HDL (good) | | HDL as high as LDL ideally |
| | | |
| Triglycerides | | Range near 100 |

Note: Normal is considered less than 200; however, ideal is much lower than this.

The real numbers to watch are the ratio of LDL to HDL and try to have the HDL as high as the LDL.

Personal Data Sheet #4

Conversion Chart

I found this *conversion chart* very helpful when calculating my <u>Total Inches Lost</u> each month. I suggest you use a measuring tape, with 1/8 inches as your standard measurement. (*ex.* 34-7/8". Then convert the 1/8" <or 7/8"> to .12 inches <or .84 inches>.)

Total Inches Lost.

| Fraction | Decimal | Fraction | Decimal |
|----------|---------|----------|---------|
| 1 / 8 = | 0.12 | 9 / 8 = | 1.12 |
| 2 / 8 = | 0.25 | 10 / 8 = | 1.25 |
| 3 / 8 = | 0.36 | 11 / 8 = | 1.36 |
| 4 / 8 = | 0.50 | 12 / 8 = | 1.50 |
| 5 / 8 = | 0.60 | 13 / 8 = | 1.60 |
| 6 / 8 = | 0.75 | 14 / 8 = | 1.75 |
| 7 / 8 = | 0.84 | 15 / 8 = | 1.84 |
| 8 / 8 = | 1.00 | 16 / 8 = | 2.00 |