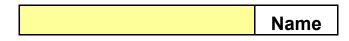


Personal Data Sheet #1

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