



## *Personal Data Sheet #1*

**Update Monthly Only**

	<b>Name</b>
--	-------------

Date	Weight	Loss, since	Total Loss
<b>Start Weight -</b>			
<b>30 Days - on</b>			
<b>60 Days - on</b>			
<b>90 Days - on</b>			

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		Total	Total
		Inches		Inches	Inches		Inches	Inches
Start-		Lost		Lost	Lost		Lost	since

# *Personal Data Sheet #3*

**Update Annually**

	<b>Name</b>
--	-------------

<b>Date</b>	
-------------	--

<b>Cholesterol</b>		<b>Normal &lt; 200</b>
--------------------	--	------------------------

<b>LDL (lousy)</b>		<b>LDL and HDL #'s close</b>
--------------------	--	------------------------------

<b>HDL (good)</b>		<b>HDL as high as LDL ideally</b>
-------------------	--	-----------------------------------

<b>Triglycerides</b>		<b>Range near 100</b>
----------------------	--	-----------------------

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 Total Inches Lost 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