



1-Week KICK START

Guest Measurements from 2014

**Name changed, numbers are in inches*

EVE	Day 1	Day 5
Hips	47	46
Waist	42	40.5
Chest	44.5	43.5
Lets	28	28
Weight (lbs)	218	211
Inches Lost		3.5
Pounds Lost		7

JESS	Day 1	Day 5
Hips	40.5	39.5
Waist	36.5	33.5
Chest	36.5	36
Lets	21.5	19.5
Weight (lbs)	159	152
Inches Lost		8.5
Pounds Lost		7

LINDA	Day 1	Day 5
Hips	45	43
Waist	40	38
Chest	37.5	36.5
Lets	28	27
Weight (lbs)	165	160
Inches Lost		7
Pounds Lost		5

SARAH	Day 1	Day 5
Hips	48.5	48
Waist	44	42.5
Chest	41	39.5
Lets	31.5	25
Weight (lbs)	207	201
Inches Lost		7.5
Pounds Lost		6

JUSTINE	Day 1	Day 5
Hips	45.5	45
Waist	35.5	34.5
Chest	37.5	36.5
Lets	28	27.5
Weight (lbs)	181.5	176.5
Inches Lost		4.5
Pounds Lost		5

STACEY	Day 1	Day 5
Hips	45.5	45
Waist	35.5	34.5
Chest	37.5	36.5
Lets	28	27.5
Weight (lbs)	181.5	176.5
Inches Lost		4.5
Pounds Lost		5

SUSAN	Day 1	Day 5
Hips	44.5	43
Waist	42	41
Chest	43	41
Lets	22	22
Weight (lbs)	182	178
Inches Lost		4.5
Pounds Lost		4

PRIYANKA	Day 1	Day 5
Hips	38.5	37
Waist	34	32
Chest	36.5	35.5
Lets	21	21
Weight (lbs)	137	129
Inches Lost		4.5
Pounds Lost		8