



3-Week HABIT CHANGER

Guest Measurements from 2014

**Name changed, numbers are in inches*

JESS	Week 1 (Monday)	Week 3 (Friday)
Hips	43.5	41.5
Waist	38	36
Chest	37.5	36
Lets	24.5	23.5
Weight (lbs)	178	164
Inches Lost		7.5
Pounds Lost		15

KATHY	Week 1 (Monday)	Week 3 (Friday)
Hips	40	40
Waist	41	39
Chest	42	39.5
Lets	22	22
Weight (lbs)	161	149.5
Inches Lost		4.5
Pounds Lost		11

LORAINÉ	Week 1 (Monday)	Week 3 (Friday)
Hips	49	47
Waist	49	46.5
Chest	50.5	47.5
Lets	24	24
Weight (lbs)	234.5	220.5
Inches Lost		7.5
Pounds Lost		14