



## 4-Week BODY TRANSFORMATION

Guest Measurements from 2014

*\*Name changed, numbers are in inches*

<b>NANCY</b>	<b>Week 1 (Monday)</b>	<b>Week 4 (Friday)</b>
Hips	41.5	40
Waist	35	33
Chest	39.5	38.5
Lets	25	24
Weight (lbs)	160.5	149
<b>Inches Lost</b>		<b>7</b>
<b>Pounds Lost</b>		<b>11.5</b>

<b>MEGHAN</b>	<b>Week 1 (Monday)</b>	<b>Week 4 (Friday)</b>
Hips	51.5	51.5
Waist	47	43
Chest	44.5	42
Lets	33	31
Weight (lbs)	260.5	241.5
<b>Inches Lost</b>		<b>8.5</b>
<b>Pounds Lost</b>		<b>19</b>

<b>JUSTINE</b>	<b>Week 1 (Monday)</b>	<b>Week 4 (Friday)</b>
Hips	39	37
Waist	35.5	32.5
Chest	33	32.5
Lets	22	21
Weight (lbs)	135	125
<b>Inches Lost</b>		<b>6.5</b>
<b>Pounds Lost</b>		<b>10</b>

<b>KATE</b>	<b>Week 1 (Monday)</b>	<b>Week 4 (Friday)</b>
Hips	45.5	43
Waist	44.5	42
Chest	45	42
Lets	25	24
Weight (lbs)	240.5	186
<b>Inches Lost</b>		<b>240.5</b>
<b>Pounds Lost</b>		<b>221.5</b>

<b>DEBBIE</b>	<b>Week 1 (Monday)</b>	<b>Week 4 (Friday)</b>
Hips	41.5	41.5
Waist	38.45	34.5
Chest	41.5	39
Lets	23	22
Weight (lbs)	153.5	143.5
<b>Inches Lost</b>		<b>9</b>
<b>Pounds Lost</b>		<b>10</b>

<b>EMMA</b>	<b>Week 1 (Monday)</b>	<b>Week 4 (Friday)</b>
Hips	40.5	39
Waist	37.5	35.5
Chest	37.5	36
Lets	23	21
Weight (lbs)	149	140
<b>Inches Lost</b>		<b>7</b>
<b>Pounds Lost</b>		<b>9</b>

<b>KATHLEEN</b>	<b>Week 1 (Monday)</b>	<b>Week 4 (Friday)</b>
Hips	42	41.5
Waist	36	31.5
Chest	35.5	35
Lets	24.5	24.5
Weight (lbs)	164	151
<b>Inches Lost</b>		
<b>Pounds Lost</b>		

<b>AMY</b>	<b>Week 1 (Monday)</b>	<b>Week 4 (Friday)</b>
Hips	56	52
Waist	53	46.5
Chest	48	48
Lets	31	29
Weight (lbs)	282	255
<b>Inches Lost</b>		<b>13.5</b>
<b>Pounds Lost</b>		<b>26.5</b>