

Start Date _____

HCG Diet Canada Measurements Chart



Location	Starting Number	End of Wk 1	+/-	End of Wk 2	+/-	Sub-Total	End of Wk 3	+/-	Sub-Total	End of Wk 4	+/-	Sub-Total	End of Wk 5	+/-	Sub-Total	End of Wk 6	+/-	Sub-Total	End of Wk 7	+/-	Total	
Neck																						
Right Bicep																						
Left Bicep																						
Upper Chest (at underarm)																						
Midriff (directly under bustline)																						
Waist (smallest part)																						
Hips (fullest part)																						
Right Thigh (at largest part)																						
Left Thigh (at largest part)																						
Right Knee (2" above kneecap)																						
Left Knee (2" above kneecap)																						
Right Calve (at largest part)																						
Left Calve (at largest part)																						
Head																						
Right Forearm																						
Left Forearm																						
Right Wrist																						
Left Wrist																						
Right Ankle																						
Left Ankle																						
Roll Above Navel																						
Roll Below Navel																						
Love Handles																						
Other																						

Notes: _____