

My WLS Journey

New Beginning Date: _____

B.M.I: _____ WGT: _____

B.M.I: _____ WGT: _____

Today's Date: _____ **MEASUREMENTS:** Inches: + -

Today's Date: _____ **MEASUREMENTS:** Inches: + -

Neck				
Shoulders				
Upper Arm - L				
Arm at Bend - L				
Forearm - L				
Wrist - L				
Hand Circumference - L				
Upper Arm - R				
Arm at Bend - R				
Forearm - R				
Wrist - R				
Hand Circumference - R				
Chest [Above Breasts]				
Chest [At Breasts]				
Chest [Under Breasts]				
Waist				
Hips [5" Below Waist]				
Lower Abdomen [8" B/ Waist]				
Upper Leg - L				
Mid Thigh - L				
Knee - L				
Below Knee - L				
Calf - L				
Ankle - L				
Foot Length - L				
Foot Circum. [Bunion] - L				
Upper Leg - R				
Mid Thigh - R				
Knee - R				
Below Knee - R				
Calf - R				
Ankle - R				
Foot Length - R				
Foot Circum. [Bunion] - R				

Neck				
Shoulders				
Upper Arm - L				
Arm at Bend - L				
Forearm - L				
Wrist - L				
Hand Circumference - L				
Upper Arm - R				
Arm at Bend - R				
Forearm - R				
Wrist - R				
Hand Circumference - R				
Chest [Above Breasts]				
Chest [At Breasts]				
Chest [Under Breasts]				
Waist				
Hips [5" Below Waist]				
Lower Abdomen [8" B/ Waist]				
Upper Leg - L				
Mid Thigh - L				
Knee - L				
Below Knee - L				
Calf - L				
Ankle - L				
Foot Length - L				
Foot Circum. [Bunion] - L				
Upper Leg - R				
Mid Thigh - R				
Knee - R				
Below Knee - R				
Calf - R				
Ankle - R				
Foot Length - R				
Foot Circum. [Bunion] - R				