Karin Herzog

Progress Chart

Measurements

					Right Side		Left Side			
	Waist	Hips	Bust	Bottom	Thigh	Arm	Thigh	Arm	Cellulite	Notes
Week 1										
Week 2										
Week 3										
Week 4 (Order more product)										
Week 5										
Week 6										
Week 7										
Week 8										