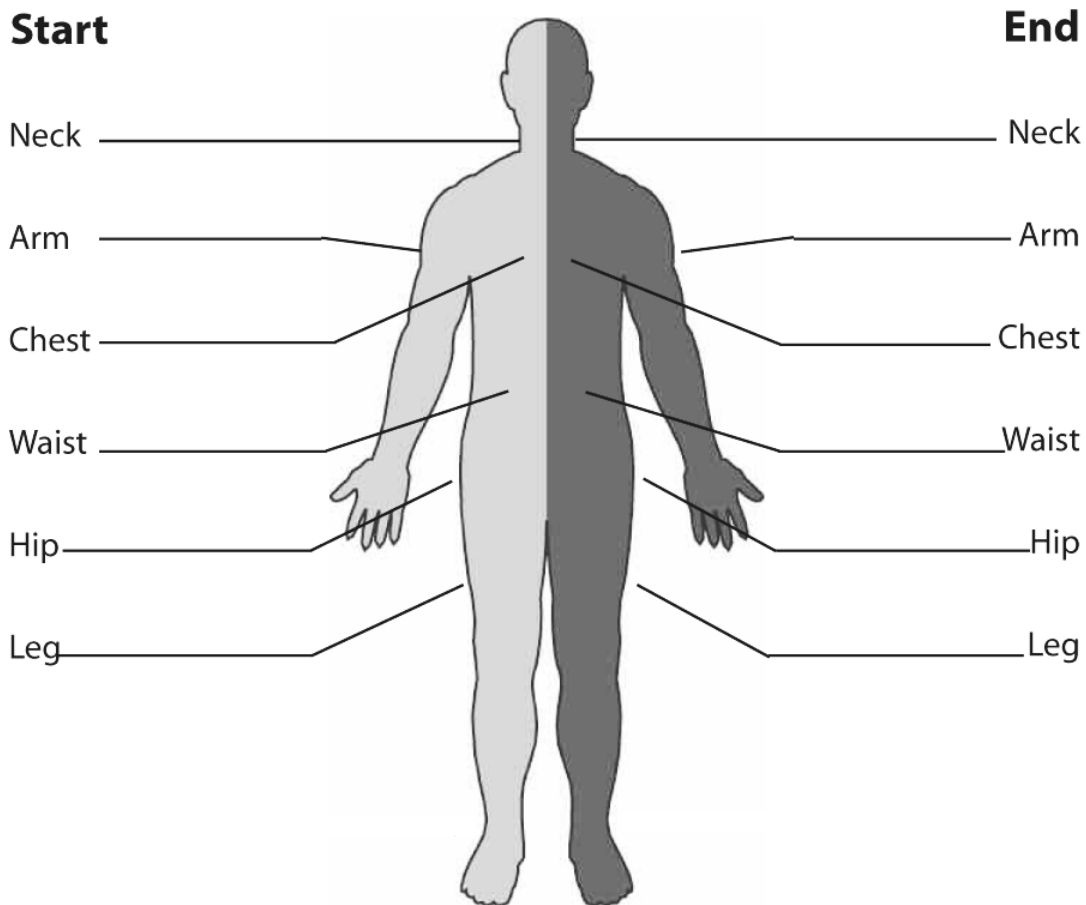


Stress Eater Diet Body Chart

Weight loss is only one measure of your weight loss success. Losing inches is also a good indicator that you are making progress. Record your body measurements on this chart at the start and at the end of the program to determine how many inches you have lost.



	<u>Total Inches</u>	<u>Inches Lost</u>
Total Inches Start:	_____	
Total Inches Week 4:	_____	_____
Total Inches Week 7:	_____	_____
Total Inches Week 12:	_____	_____

For more information and tips, visit www.stresseaterdiet.com