

MEASURING YOUR SUCCESS WITH OSOLEAN™ POWDER

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Lost Inches (Week 1-Week 8= #lost)
Date, Time, Day Measured									
	Inches/CM	Inches/CM	Inches/CM	Inches/CM	Inches/CM	Inches/CM	Inches/CM	Inches/CM	
Neck									
Bust/Chest									
Midriff									
Waist									
Hip (fullest tummy)									
Hip (fullest bottom)									
Thigh									
Knee									
Calf									
Ankle									
Upper Arm									
Forearm									
Waist									
Height									
Weight									
Body Mass Index (Wt/Ht²)X703=BMI									

Example: To calculate BMI of 5 ft 7 (67") Person weighs 150 lbs BMI the math is [150 divided by (67 X 67)] X 703 = 23.5
 Multiply height in inches X height in inches then divided result of that into 150 and then multiply the result of that by 703 for BMI