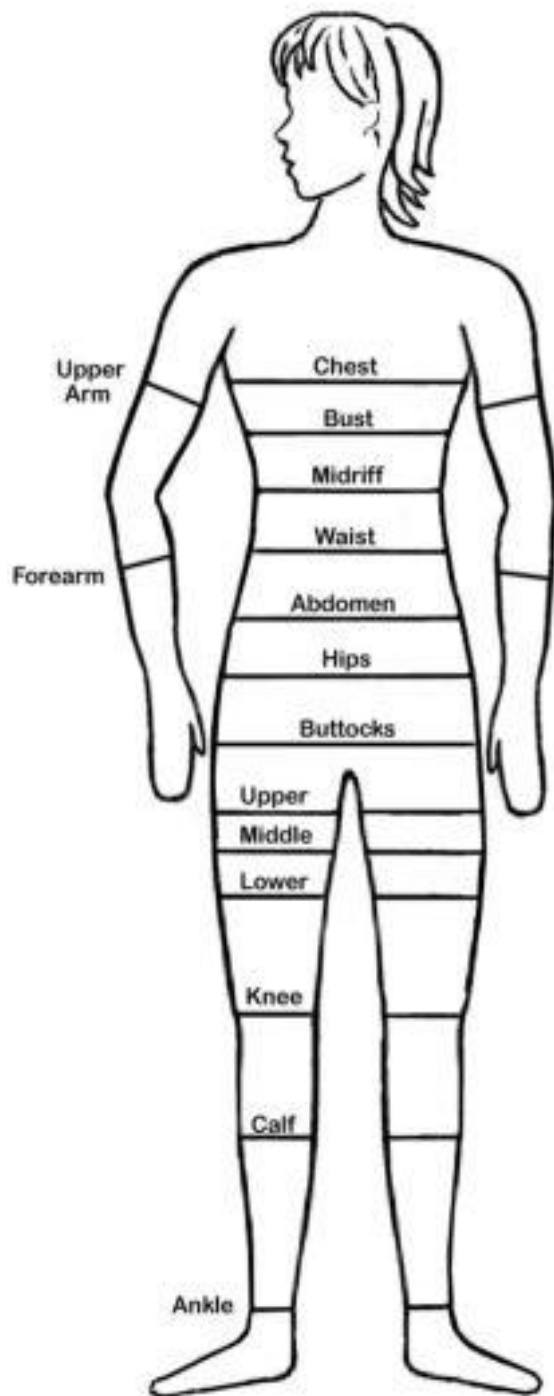


Your Wellbeing UK – Body Measurement Chart



	Before	After
R. Forearm		
L. Forearm		
R. UpperArm		
L. UpperArm		
Chest		
Bust		
Midriff		
Waist		
Abdomen		
Hips		
Buttocks		
R. Upper Thigh		
L. Upper Thigh		
R. Mid Thigh		
L. Mid Thigh		
R. Lower Thigh		
L. Lower Thigh		
R. Knee		
L. Knee		
R. Calf		
L. Calf		
R. Ankle		
L. Ankle		

You only need to re-measure yourself every 30 days.