

Before & After

<p>Place 'Before' 4x6 photo here</p>	<p>Place 'After' 4x6 photo here</p>
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Before THM

Date: _____ Weight: _____

Shirt Size: _____ Pants Size: _____

Measurements:

Neck: _____ Bust: _____

Hips/Butt: _____ Waist: _____

Upper Thigh _____ Calf: _____

Ankle: _____ Upper Arm: _____

Forearm: _____ Wrist: _____

After THM

Date: _____ Weight: _____

Shirt Size: _____ Pants Size: _____

Measurements:

Neck: _____ Bust: _____

Hips/Butt: _____ Waist: _____

Upper Thigh _____ Calf: _____

Ankle: _____ Upper Arm: _____

Forearm: _____ Wrist: _____