

MEASUREMENTS

DATE	BEFORE		DATE	AFTER	
	Weight			Weight	
	Waist circumference			Waist circumference	
	Blood pressure			Blood pressure	
	Fasting lipids (if known)			Fasting lipids (if known)	
	~ Total cholesterol			~ Total cholesterol	
	~ Triglycerides			~ Triglycerides	
	~ HDL-cholesterol			~ HDL-cholesterol	
	~ LDL-cholesterol			~ LDL-cholesterol	
	Fasting glucose (if known)			Fasting glucose (if known)	

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Dump Your Toxic Waist!