



# Progress Chart

Roseline Academy

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

	Above the knee	5cm above the knee	10 cm above the knee	25cm above the knee	Hips (widest area)	Waist (above belly button)
<b>1<sup>st</sup> session*</b>						
<b>5<sup>th</sup> session</b>						
<b>10<sup>th</sup> session</b>						
<b>15<sup>th</sup> session</b>						
<b>30<sup>th</sup> session</b>						

*\*Measure before the 1 session, not after.*