

TWO-WEEK PROGRESS CHART

Date	Minutes hooping	Waist	Hips	Waist-to-Hip Ratio* (Waist / Hips =)	Other Exercise L-N-H (Low/Normal/High)	Caloric Intake L-N-H (Low/Normal/High)
				(traise, tilps)	(2011, 101111ai, 111gi.)	(1011) (1011)

*Waist-to-hip ratio (WHR) is the ratio of the circumference of the waist to that of the hips. Research indicates that the WHR is a significant measure of female attractiveness (women closest to a 0.7 WHR are usually rated more attractive by men, regardless of height and weight). It is calculated by measuring the smallest circumference of the natural waist, usually just above the navel, and dividing by the hip circumference at its widest part of the buttocks or hip.

Scan and email your completed chart to post@powerhoop.com to be included in a monthly raffle for a free gift.