



MEASUREMENT KIT
Grocery Store Diet

The information, ideas, suggestions, and answers to questions in this book are not intended to substitute for the services of a health care professional or physician. You should only undertake a fat loss, weight loss, and health and wellness modification program in conjunction with the services of a qualified health professional. This book is intended as a reference guide only, not as a manual for self-treatment. If you suspect you have a medical problem or have questions please talk to your health care professional. The products and the claims made about specific products in this book or on or through the site have not been evaluated by GroceryStoreDiet.com or the United States Food and Drug Administration and are not approved to diagnose, treat, cure or prevent disease. All information is based on research available at the time of this edition and this printing.

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**The Grocery Store Diet
Online Weight Loss Tools**



Grocery Store dietWEEK

Subscribe Today!

*Keep shopping, snacking and slimming
week after week with dietWEEK*



Unlike other diet books that leave you to go back over and over the same meals and menus *The Grocery Store Diet* gives you a new food plan every week, week after week until you say stop.

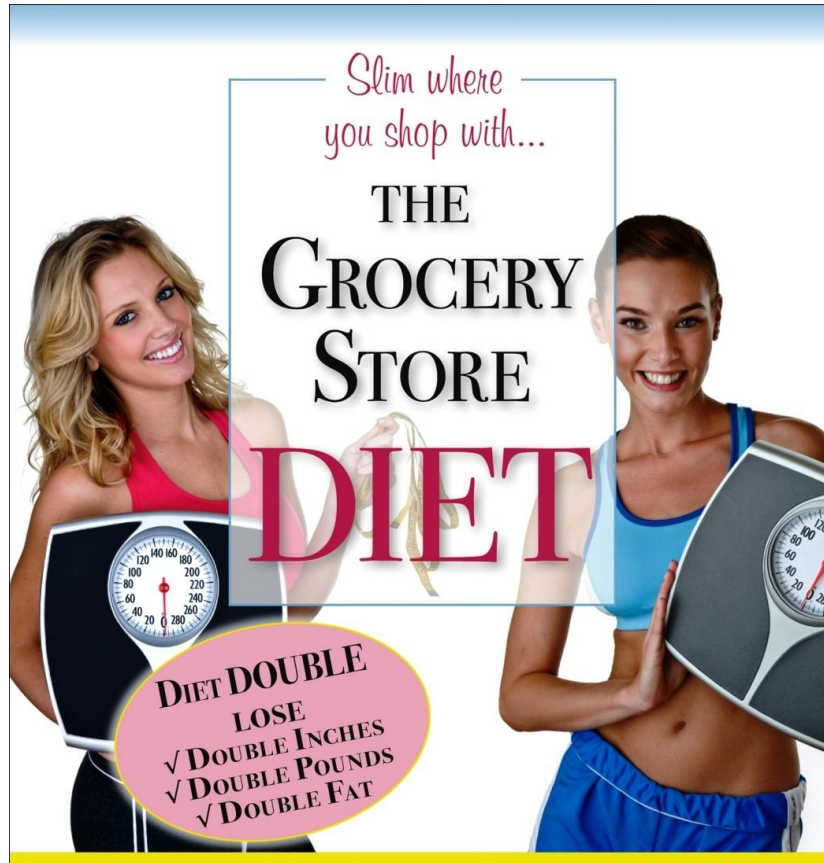
Every week you get a new *Grocery Store dietWeek* issue packed with that week's super snacks, meals, menus, fast fix recipes, and measurement success trackers.

In addition *dietWEEK* brings you new products and foods on your supermarket shelves; foods to enjoy; great snacks to satisfy and slenderize you; amazing meals and menus that take just minutes to go from bag to plate; sneak peeks at what's coming from your favorite brands; articles to motivate and inspire you; and so much more!

Keep shopping, snacking, saving, and slimming week after week with Diet Week

Grocery Store Diet DIARY

Lose double the weight with the power of the Diet DIARY



Research indicates that by simply keeping a food log, food journal or food diary you can double your weight loss success! It is this powerful diet boosting tool that is an important part of your *Grocery Store Diet* success.

Science Daily reports on a recent study conducted by Kaiser Permanente's Center for Health Research in one of the largest and longest running weight loss maintenance trials ever conducted and funded by the National Heart, Lung and Blood Institute at the National Institutes of Health found that 'the more food records people kept, the more weight they lost.' The report went on to state "Those who kept daily food records lost twice as much weight as those who kept no records".

Keep in mind this is just one study, and you may not experience the same result, but experts do agree that keeping a food log, journal, or diary is a powerful tool in your weight loss arsenal and can help you to reach your own diet goals successfully.

Double your success with the Grocery Store Diet Diary!

The Grocery Store Gals CLUB



You are not alone. *Grocery Store Gals* are building one of the most amazing online communities for savvy shoppers just like you. And it's totally, completely, absolutely, free. You don't even have to be on a diet to join—and you don't have to be on the *Grocery Store Diet* to join, either! If you shop in a grocery store—guess what—you're a Grocery Store Gal and you're invited!

You'll be able to share your own *Grocery Store* tips, recipes, ideas, secrets, and solutions and you'll be able to benefit from the tips, recipes, ideas, secrets and solutions of your *CLUB* friends!

Join to share and celebrate your success in the Grocery Store Gals CLUB

Weight Loss Wednesdays



Weight Loss Wednesdays is designed to help you unlock the power inside to make positive and permanent changes in your weight—and in your life—by talking, sharing, and celebrating with others.

Weight Loss Wednesdays will inspire and motivate you. Losing is hard and it can be lonely.

But with Weight Loss Wednesdays you are never alone. You have a place to go—and you never have to leave the comfort of your own phone. You'll call into a special, number and you'll join the conversation every week. You'll hear experts offer advice, the latest information, and instant tips. You'll hear inspirational stories of women who fought their fat and won! You'll feel the power of countless women, just like you, linked across the country or across the street by the power of a single goal—to shop, snack, save and slim!

Weight Loss Wednesdays just a phone call away!

Shop & Slim & Save

Over \$20 of coupon and special savings links



Slim & Save is filled with coupon and special savings links to some of our favorite products—each issue contains at least \$20 or more worth of supermarket savings.

Shop & Slim & Save

The Grocery Store Diet

Starting Measurements

The date today is _____

The Body Mass Index or BMI Test

This measurement is based on both your height and your weight. Scientists have determined that the total amount of fat you carry is a critical indicator not just your actual weight.

- Step 1: Step on your scale and note your weight
Step 2: Multiply your weight by 700
Step 3: Divide this number by your height in inches
Step 4: Divide that number by your height in inches again.
The number you end up with is your BMI

My BMI is _____

I am dangerously thin	15
I am optimum	21
I am over fat	25
I am obese	30
I am dangerously obese	35

The Apple or Pear Test

Researchers now believe that where your fat is stored on your body is important. Also called the Waist-to-Hip Ratio Test.

Step 1: Measure your waist at the level of your belly button. _____

Step 2: Measure your hips at their widest. _____

Step 3: Divide the waist number by the hip number. _____

My Apple or Pear Ratio is: _____

Women
Below 0.8 is acceptable
Above 0.8 is over fat.

Men
Below 1.0 is acceptable
Above 0.8 is over fat

Belly Button Fat Test

Canadian obesity researchers have developed a test that is a simple yet accurate measure of the need to get thinner and fitter. All you do is measure your waist at belly button level.

My waist measurement is _____

Women:

- Waist 36 inches or more—lose fat
- Waist 31 ½ to 35 ½ inches—warning
- Waist 31 inches or less—OK

Men:

- Waist 40 inches or more—lose fat
- Waist 37 to 39 inches—warning
- Waist 36 ½ inches or less—OK

Measurements

My Weight _____

My BMI _____

My Chest _____

My Waist _____

My Hips _____

My Neck _____

My Left Upper Arm _____

My Right Upper Arm _____

My Right Thigh _____

My Left Thigh _____

My Upper Belly _____

My Lower Belly _____

PICTURE

Paste your 'Before' picture here.
You'll get a chance to paste your 'after' picture at the end.

Pounds Chart

Each time you lose a pound, cross it off this chart. Remember, before you begin, cross off all the pounds up to your starting weight. Success is one pound at a time—one inch at a time—one day at a time—one bite at a time!

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190	189	188	187	186	185	184	183
182	181	180	179	178	177	176	175
174	173	172	171	170	169	168	167
166	165	164	163	162	161	160	159
158	157	156	155	154	153	152	151
150	149	148	147	146	145	144	143
142	141	140	139	138	137	136	135
134	133	132	131	130	129	128	127
126	125	124	123	122	121	120	119
118	117	116	115	114	113	112	111
110	109	108	107	106	105	104	103
102	101	100	99	98	97	96	95

Inches & Size Tracker

Take a look at the standard size charts below and then track the number of inches you have to lose and the number of inches to your size goal. Circle your size. And you'll get a chance to circle your size at the end and compare your results.

MISSES Standard Size Chart

Petite

Size	2
Bust	32 ½
Waist	24
Hips	35

Small

Size	4	6
Bust	33 ½	34 ½
Waist	25	26
Hips	36	37

Medium

Size	8	10
Bust	35 ½	36 ½
Waist	27	28
Hips	38	39

Large

Size	12	14
Bust	38	39 ½
Waist	29 ½	31
Hips	40 ½	42

Petite Standard Size Chart (5'4" and under)

P/XS	Size	2P				
	Bust		32			
	Waist		23 ½		Hips	34
P/S	Size	4P	6P		Bust	33
	34		Waist	24 ½	25 ½	
	Hips	35	36			
P/M	Size	8P	10P		Bust	35
	36		Waist	26 ½	27 ½	
	Hips	37	38			
P/L	Size	12P	14P			
	Bust	37 ½	39			
	Waist	29	30 ½			
	Hips	49 ½	41			

Women's Standard Size Chart

1X	Size	14	16
	Bust	40	42
	Waist	31	33
	Hips	42	44
2X	Size	18	20
	Bust	44	46
	Waist	35	37
	Hips	46	48
3X	Size	22	24
	Bust	48	50
	Waist	39 ½	42
	Hips	50 ½	53

End of Quick Start Week Measurements

The date today is _____

Measurements

My Weight _____

My BMI _____

My Chest _____

My Waist _____

My Hips _____

My Neck _____

My Left Upper Arm _____

My Right Upper Arm _____

My Right Thigh _____

My Left Thigh _____

My Upper Belly _____

My Lower Belly _____

SIZE: My dress size is _____

Pounds Chart

Each time you lose a pound, cross it off this chart. Remember, before you begin, cross off all the pounds up to your starting weight. Success is one pound at a time—one inch at a time—one day at a time—one bite at a time!

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118	117	116	115	114	113	112	111
110	109	108	107	106	105	104	103
102	101	100	99	98	97	96	95

End of CORE Week Measurements

The date today is _____

Measurements

My Weight _____

My BMI _____

My Chest _____

My Waist _____

My Hips _____

My Neck _____

My Left Upper Arm _____

My Right Upper Arm _____

My Right Thigh _____

My Left Thigh _____

My Upper Belly _____

My Lower Belly _____

SIZE: My dress size is _____

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Each time you lose a pound, cross it off this chart. Remember, before you begin, cross off all the pounds up to your starting weight. Success is one pound at a time—one inch at a time—one day at a time—one bite at a time!

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End of MAINTENANCE Week Measurements

The date today is _____

Measurements

My Weight _____ My BMI _____

My Chest _____ My Waist _____

My Hips _____ My Neck _____

My Left Upper Arm _____ My Right Upper Arm _____

My Right Thigh _____ My Left Thigh _____

My Upper Belly _____ My Lower Belly _____

SIZE: My size is _____

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Measurements

My Weight _____

My BMI _____

My Chest _____

My Waist _____

My Hips _____

My Neck _____

My Left Upper Arm _____

My Right Upper Arm _____

My Right Thigh _____

My Left Thigh _____

My Upper Belly _____

My Lower Belly _____

Paste your 'After' picture here.

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Bust	35 ½	36 ½
Waist	27	28
Hips	38	39

Large

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Bust	38	39 ½
Waist	29 ½	31
Hips	40 ½	42

Petite Standard Size Chart (5'4" and under)

P/XS	Size	2P				
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	36		Waist	26 ½	27 ½	
	Hips	37	38			
P/L	Size	12P	14P			
	Bust	37 ½	39			
	Waist	29	30 ½			
	Hips	49 ½	41			

Women's Standard Size Chart

1X	Size	14	16
	Bust	40	42
	Waist	31	33
	Hips	42	44
2X	Size	18	20
	Bust	44	46
	Waist	35	37
	Hips	46	48
3X	Size	22	24
	Bust	48	50
	Waist	39 ½	42
	Hips	50 ½	53

COMPARISON CHART

Starting
Measurements

Ending
Measurements

My Weight _____

My BMI _____

My Chest _____

My Waist _____

My Hips _____

My Neck _____

My Left Upper Arm _____

My Right Upper Arm _____

My Right Thigh _____

My Left Thigh _____

My Upper Belly _____

My Lower Belly _____

My Size _____

Total pounds lost _____

Total inches lost _____

Total sizes lost _____

CONGRATULATIONS! Please send your results to www.GroceryStoreGal or www.GroceryStoreDiet.com to get your Certificate of Success!

Got ideas, suggestions, tips, recipes, or success stories you would like to share?
Please share by writing to gal@grocerystoregal.com