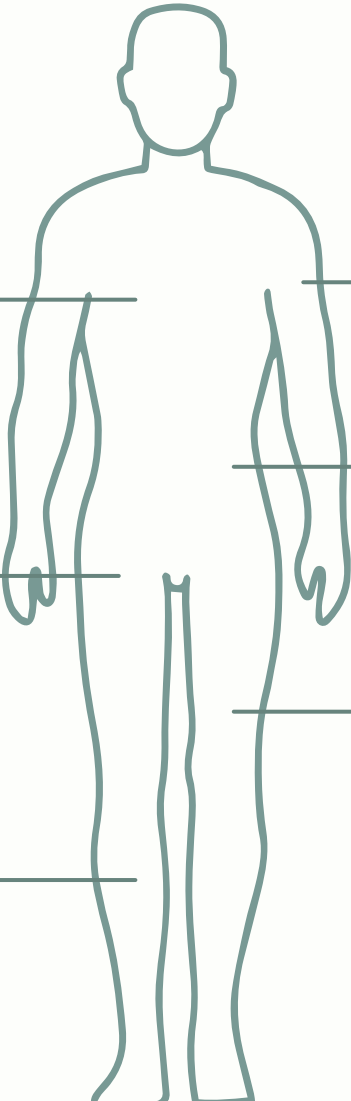


Fit op mijn manier

Lichaam Tracker

Datum: _____



A line drawing of a human figure from the front, used for body measurements. Lines connect specific body parts to input boxes on either side. On the left, the labels are 'Borst', 'Heupen', and 'Kuit'. On the right, the labels are 'Arm', 'Middel', and 'Dijbeen'. Each label has a corresponding empty rectangular box for the measurement value.

Borst

Heupen

Kuit

Arm

Middel

Dijbeen

Gewicht _____ kg