



# PROGRESS SUBMISSION FORM

<b>Date (dd/mm/yyyy)</b>				
Weight (lbs)				
Chest (inches)				
Waist (inches)				
Hips (inches)				
Bicep L/R (inches)				
Thigh L/R (inches)				
Calf L/R (inches)				
<b>Date (dd/mm/yyyy)</b>				
Weight (lbs)				
Chest (inches)				
Waist (inches)				
Hips (inches)				
Bicep L/R (inches)				
Thigh L/R (inches)				
Calf L/R (inches)				
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Bicep L/R (inches)				
Thigh L/R (inches)				
Calf L/R (inches)				

Please complete one column at your regularly scheduled intervals. This is a PDF fillable form so just click on a cell and enter the appropriate information then mail it to **[mail@figurebyjessica.com](mailto:mail@figurebyjessica.com)**  
New forms can be downloaded at **[www.figurebyjessica.com/teamfxj/](http://www.figurebyjessica.com/teamfxj/)** along with a guide and FAQ section on how to properly fill out the forms.