

WEIGHT			MEASUREMENTS		
week			body_part	in	cm
monday			waist		
tuesday			chest		
wednesday			neck		
thursday			l_calf		
friday			r_calf		
saturday			l_thigh		
sunday			r_thigh		
average			l_forearm		
BODY_FAT			r_forearm		
	min	max	l_bicep		
bia_omron			r_bicep		
bia_skulpt					
caliper					
average					