



WEEKLY MEASUREMENT TRACKER

Before

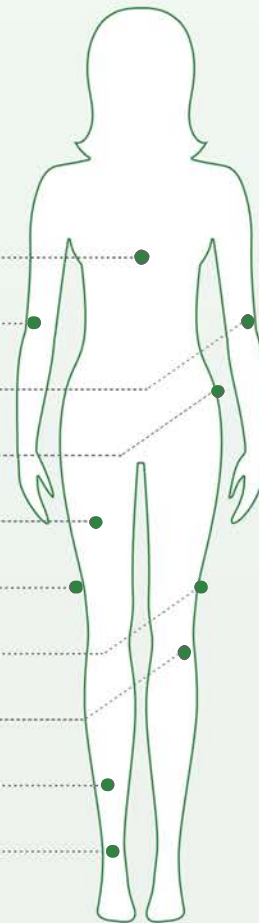
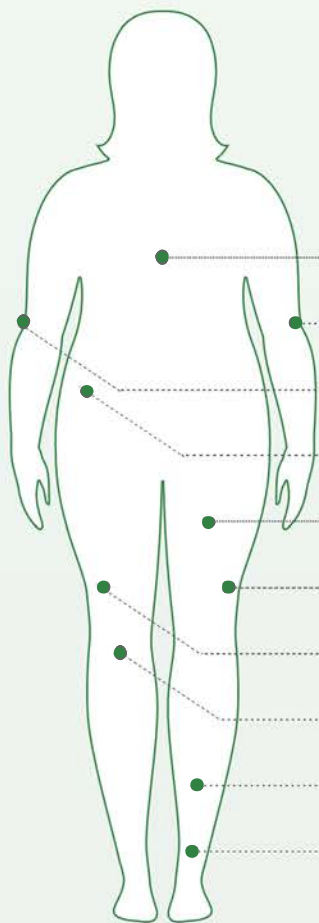
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After

____/____/____

MEASURES

Measured at widest point with muscle flexed



- Chest
- Right Arm
- Left Arm
- Waist
- Hips
- Right Thigh
- Left Thigh
- Knee
- Calf
- Ankle

Weight:

Total Inches Lost:

Total Weight Lost:

Waist to Hip Ratio:

Weight:

Difference

Chest	Right Arm	Left Arm	Waist	Hips
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Right Thigh	Left Thigh	Knee	Calf	Ankle
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Date:

____/____/____