

Measurement Tracker:

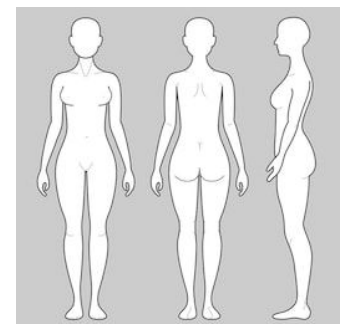
Goal: _____

Date:						
Measurements (weekly)	1	2	3	4	5	6
Neck						
Biceps (widest Point)						
Chest/Bust						
Waist Size (narrow)						
Waist size (at navel)						
Hip Size (widest Point)						
Thigh Size (widest Point)						
Weight (lbs)						
Total Weight Lost:						
Total Inches Lost:						

Starting picture Date: _____

Progress Picture Date: _____

Photos: In fitted clothing or in sportswear, please take the following pictures in front of a blank wall. (Take Pictures every 4-8 weeks to help track your progress)



Front Back Side