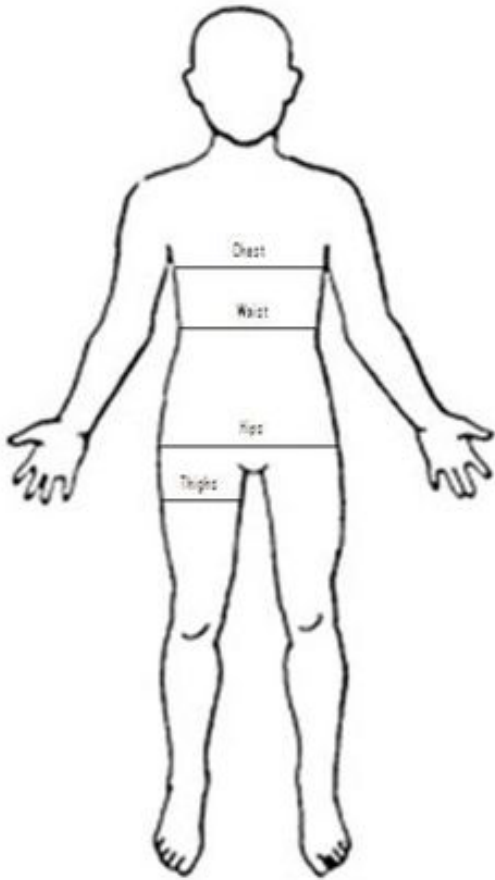


Weight/Measurement Tracking Chart

Name: _____



Chest - Standing, measure with breath out just above the nipple

Waist - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage.

Hips - Measure at the largest girth, where the butt is protruding the greatest.

Thigh - Standing, measure at the largest girth, just below the butt.

Week Ending 1

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 2

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 3

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 4

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 5

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 6

Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Starting Measurements and Weight

Waist _____

Hips _____

Thigh _____

Chest _____

Weight _____

Ending Measurements and Weight

Waist _____

Hips _____

Thigh _____

Chest _____

Weight _____

