

Measurement Log & Body Progress Tracker

Today's Date: _____

Current Weight: _____

WAIST

Month 1: _____
Month 2: _____
Month 3: _____

ARMS

Month 1: _____
Month 2: _____
Month 3: _____

ABOVE KNEE

Month 1: _____
Month 2: _____
Month 3: _____



CHEST

Month 1: _____
Month 2: _____
Month 3: _____

HIPS

Month 1: _____
Month 2: _____
Month 3: _____

THIGH

Month 1: _____
Month 2: _____
Month 3: _____

Track Your Weight	End of Month 1	End of Month 2	End of Month 3
Weight			