

Name: _____

TRACK YOUR PROGRESS CHART

Measure at the same time of day once each week !

DATE:							
AREA	START	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Neck							
Arm RT							
Arm LT							
Under Arms							
Chest (Bust)							
Rib Cage							
Waist/BellyButton							
Hips							
Thigh RT							
Thigh LF							
Knee RT							
Knee LT							
Calf RT							
Calf LT							
Total							
Total Inches Lost							

Weigh yourself at the same time each day, in the morning, perhaps after using the bathroom.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight:							

Daily Journal:
