

Weight & Measurement Tracker

Week 1	Height	Current Weight	
Neck	Abdomen	L Arm L Leg	L Calve
Chest	Waist	R Arm R Leg	R Calve
Week 2	Current Weight	Last Weight	Difference
Week 3	Current Weight	Last Weight	Difference
Week 4	Current Weight	Last Weight	Difference
Week 5	Current Weight	Last Weight	Difference
Week 6	Current Weight	Last Weight	Difference
Week 7	Current Weight	Last Weight	Difference
Week 8	Current Weight	Last Weight	Difference
Week 9	Current Weight	Last Weight	Difference
Week 10	Current Weight	Last Weight	Difference
Final Check-In! Current Weight Start Weight Change			
Neck	Abdomen	L Arm L Leg	L Calve
Chest	Waist	R Arm R Leg	R Calve