



{ Weight Loss Tracker }

Start Date: _____

Week	Chest	Waist	Hips	Arms	Thighs	Weight
Start						
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						
Week 9						
Week 10						
Week 11						
Week 12						

Take your measurements on day one and then at the end of each week. You may also want to track your neck, ankles/wrists, knee and calves.

For tips on how to measure go to <http://www.healthybastards.com>