

Body Measurement Progress Tracker

1 CHEST		
Week 1:	/	2 ARMS
Week 2:		Week 1:
Week 3:		Week 2:
Week 4:		Week 3:
Week 5:	1	Week 4:
Week 6:	1 12	Week 5:
2 MAICT	ı / Λ Λ [−] \	Week 6:
3 WAIST	/ // 3 \\ \	
Week 1:	///	
Week 2:	/// 4\\\	4 HIPS
Week 3:	131 121	Week 1:
Week 4:		Week 2:
Week 5:	5 /\	Week 3:
Week 6:	5 / \	Week 3:
Week 6:	5 / \	
Week 6: 5 THIGHS	5 / \	Week 4:
Week 6: 5 THIGHS Week 1:	5 / \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Week 4: Week 5:
Week 6: 5 THIGHS Week 1: Week 2:	5 / \	Week 4: Week 5:
Week 6: 5 THIGHS Week 1:	5 / \	Week 4: Week 5:
Week 6: 5 THIGHS Week 1: Week 2: Week 3:	5 / \	Week 4: Week 5:
Week 6: 5 THIGHS Week 1: Week 2: Week 3: Week 4:	5 / \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Week 4: Week 5:

PROGRESS	START Date:	WEEK 1 Date:	Week 2 Date:	Week 3 Date:	Week 4 Date:	Week 5 Date:	Week 6 Date:
TRACKER							
Weight							
1 Chest							
2 Arms							
3 Waist							
4 Hips							
5 Thighs							