

**Sugar-Free FRESH START Course**

**Body Measurement Progress Tracker**



**1 CHEST**

Week 1: \_\_\_\_\_\_\_\_\_

Week 2: \_\_\_\_\_\_\_\_\_

Week 3: \_\_\_\_\_\_\_\_\_

Week 4: \_\_\_\_\_\_\_\_\_

Week 5: \_\_\_\_\_\_\_\_\_

Week 6: \_\_\_\_\_\_\_\_\_

**2 ARMS**

Week 1: \_\_\_\_\_\_\_\_\_

Week 2: \_\_\_\_\_\_\_\_\_

Week 3: \_\_\_\_\_\_\_\_\_

Week 4: \_\_\_\_\_\_\_\_\_

Week 5: \_\_\_\_\_\_\_\_\_

Week 6: \_\_\_\_\_\_\_\_\_

**3 WAIST**

Week 1: \_\_\_\_\_\_\_\_\_

Week 2: \_\_\_\_\_\_\_\_\_

Week 3: \_\_\_\_\_\_\_\_\_

Week 4: \_\_\_\_\_\_\_\_\_

Week 5: \_\_\_\_\_\_\_\_\_

Week 6: \_\_\_\_\_\_\_\_\_

**4 HIPS**

Week 1: \_\_\_\_\_\_\_\_\_

Week 2: \_\_\_\_\_\_\_\_\_

Week 3: \_\_\_\_\_\_\_\_\_

Week 4: \_\_\_\_\_\_\_\_\_

Week 5: \_\_\_\_\_\_\_\_\_

Week 6: \_\_\_\_\_\_\_\_\_

**5 THIGHS**

Week 1: \_\_\_\_\_\_\_\_\_

Week 2: \_\_\_\_\_\_\_\_\_

Week 3: \_\_\_\_\_\_\_\_\_

Week 4: \_\_\_\_\_\_\_\_\_

Week 5: \_\_\_\_\_\_\_\_\_

Week 6: \_\_\_\_\_\_\_\_\_

1

2

3

4

5

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Age: \_\_\_\_\_ Height: \_\_\_\_\_\_\_\_\_\_
Body Fat %: \_\_\_\_\_\_
Activity Level: (0=none <> 10=very)

 0 5 10**

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