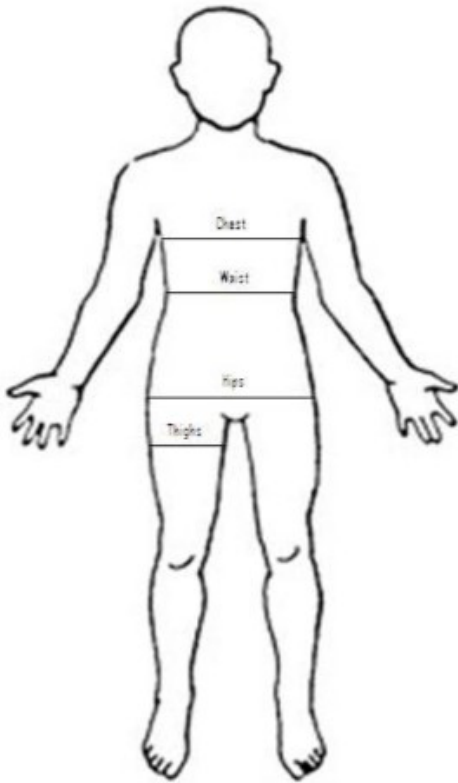


MEASUREMENT TRACKER

Weight/Measurement Tracking Chart

Name: _____



Chest - Standing, measure with breath out just above the nipple

Waist - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage.

Hips - Measure at the largest girth, where the butt is protruding the greatest.

Thigh - Standing, measure at the largest girth, just below the butt.

Week Ending 1	
Waist	_____
Hips	_____
Thigh	_____
Chest	_____
Weight	_____

Week Ending 2	
Waist	_____
Hips	_____
Thigh	_____
Chest	_____
Weight	_____

Week Ending 3	
Waist	_____
Hips	_____
Thigh	_____
Chest	_____
Weight	_____

Week Ending 4	
Waist	_____
Hips	_____
Thigh	_____
Chest	_____
Weight	_____

Week Ending 5	
Waist	_____
Hips	_____
Thigh	_____
Chest	_____
Weight	_____

Week Ending 6	
Waist	_____
Hips	_____
Thigh	_____
Chest	_____
Weight	_____

Starting Measurements and Weight

Waist _____

Hips _____

Thigh _____

Chest _____

Weight _____

Ending Measurements and Weight

Waist _____

Hips _____

Thigh _____

Chest _____

Weight _____