

Weight loss and Measurement Tracker

	Date	Date	Date	Date	Date	Date	Date	Date	Date
Weight									
Weight lost or gained	N/A								
Left arm									
Right arm									
Chest									
Waist									
Tummy									
Hips									
Left thigh									
Right thigh									
Left calf									
Right calf									
Total cm's lost or gained	N/A								