SIX MONTH BODY MEASUREMENT TRACKING CHART

Date Started: _____

What to	Week							
Measure	1	2	3	4	5	6	7	8
Weight								
Chest								
Waist								
R Arm								
L Arm								
R Thigh								
L Thigh								
Нір								

What to	Week							
Measure	9	10	11	12	13	14	15	16
Weight								
Chest								
Waist								
R Arm								
L Arm								
R Thigh								
L Thigh								
Нір								

What to	Week							
Measure	17	18	19	20	21	22	23	24
Weight								
Chest								
Waist								
R Arm								
L Arm								
R Thigh								
L Thigh								
Нір								