

Use this sheet to track your body measurements over time. Write your Day 1 measurements on line 1. The next time you take measurements, use line 2, and so forth. Write the date each measurement was taken, so you can see your progress.

Date of Measurement 1:

Date of Measurement 2:

Date of Measurement 3:

Date of Measurement 4:

| Bust | |
|------|-------|
| 1: | _____ |
| 2: | _____ |
| 3: | _____ |
| 4: | _____ |

| Right Arm | |
|-----------|-------|
| 1: | _____ |
| 2: | _____ |
| 3: | _____ |
| 4: | _____ |

| Left Arm | |
|----------|-------|
| 1: | _____ |
| 2: | _____ |
| 3: | _____ |
| 4: | _____ |

| Waist | |
|-------|-------|
| 1: | _____ |
| 2: | _____ |
| 3: | _____ |
| 4: | _____ |

| Hips | |
|------|-------|
| 1: | _____ |
| 2: | _____ |
| 3: | _____ |
| 4: | _____ |

| Right Thigh | |
|-------------|-------|
| 1: | _____ |
| 2: | _____ |
| 3: | _____ |
| 4: | _____ |

| Left Thigh | |
|------------|-------|
| 1: | _____ |
| 2: | _____ |
| 3: | _____ |
| 4: | _____ |

| Right Calf | |
|------------|-------|
| 1: | _____ |
| 2: | _____ |
| 3: | _____ |
| 4: | _____ |

| Left Calf | |
|-----------|-------|
| 1: | _____ |
| 2: | _____ |
| 3: | _____ |
| 4: | _____ |