

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:

Chest	
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:	_____

