**WEIGHT LOSS TRACKER**

**Start Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Week** | **Chest** | **Waist** | **Hips** | **Arms** | **Thighs** | **Weight** |
| **Week 1** |  |  |  |  |  |  |
| **Week 2** |  |  |  |  |  |  |
| **Week 3** |  |  |  |  |  |  |
| **Week 4** |  |  |  |  |  |  |
| **Week 5** |  |  |  |  |  |  |
| **Week 6** |  |  |  |  |  |  |
| **Week 7** |  |  |  |  |  |  |
| **Week 8** |  |  |  |  |  |  |
| **Week 9** |  |  |  |  |  |  |
| **Week 10** |  |  |  |  |  |  |
| **Week 11** |  |  |  |  |  |  |
| **Week 12** |  |  |  |  |  |  |
| **Week 13** |  |  |  |  |  |  |
| **Week 14** |  |  |  |  |  |  |

- Take your measurements on day one and then at the end of each week. You may also want to track your neck, ankles/wrists, knee, and calves.