



# WEIGHT AND MEASUREMENTS CHART

	WEEK 1	WEEK 3	WEEK 6	WEEK 9	WEEK 12	Change	6 MO.	TOTAL CHANGE
	DATE	DATE	DATE	DATE	DATE	DATE	DATE	
Weight								
%Body Fat								
Bust								
Waist								
Hips								
Bicep (L)								
Bicep (R)								
Thigh (L)								
Thigh (R)								
Calf (L)								
Calf (R)								

Start Size Top:

Start Size Bottom:

Start Size Dress:



12th Week Size Top:

12th Week Size Bottom:

12th Week Size Dress: