## **8 WEEK TRACKER**

Week 1	Weight	+/-	Cal.	Measurements:	Week 5	Weight	+/-	Cal.	Measurements:
Sun.					Sun.				1
Mon.				Arms	Mon.				Arms
Tues.				Chest	Tues.				Chest
Wed.				Waist	Wed.				Waist
Thurs.				Hips	Thurs.				Hips
Fri.				Thighs	Fri.				Thighs
Sat.					Sat.				]
Week 2	Weight	+/-	Cal.	Measurements:	Week 6	Weight	+/-	Cal.	Measurements:
Sun.				İ	Sun.				1
Mon.				Arms	Mon.				Arms
Tues.				Chest	Tues.				Chest
Wed.				Waist	Wed.				Waist
Thurs.				Hips	Thurs.				Hips
Fri.				Thighs	Fri.				Thighs
Sat.					Sat.				]
Week 3	Weight	+/-	Cal.	Measurements:	Week 7	Weight	+/-	Cal.	Measurements:
Sun.				Arms	Sun.				l
Mon.					Mon.				Arms
Tues.				Chest	Tues.				Chest
Wed.				Waist	Wed.				Waist
Thurs.				Hips	Thurs.				Hips
Fri.				Thighs	Fri.				Thighs
Sat.					Sat.				]
Week 4	Weight	+/-	Cal.	Measurements:	Week 8	Weight	+/-	Cal.	Measurements:
Sun.					Sun.				1
Mon.				Arms	Mon.				Arms
Tues.				Chest	Tues.				Chest
Wed.				Waist	Wed.				Waist
Thurs.				Hips	Thurs.				Hips
Fri.				Thighs	Fri.				Thighs
Sat.					Sat.				1