

# 8 WEEK TRACKER

Week 1	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

- \_\_\_\_\_ Arms
- \_\_\_\_\_ Chest
- \_\_\_\_\_ Waist
- \_\_\_\_\_ Hips
- \_\_\_\_\_ Thighs

Week 5	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

- \_\_\_\_\_ Arms
- \_\_\_\_\_ Chest
- \_\_\_\_\_ Waist
- \_\_\_\_\_ Hips
- \_\_\_\_\_ Thighs

Week 2	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

- \_\_\_\_\_ Arms
- \_\_\_\_\_ Chest
- \_\_\_\_\_ Waist
- \_\_\_\_\_ Hips
- \_\_\_\_\_ Thighs

Week 6	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

- \_\_\_\_\_ Arms
- \_\_\_\_\_ Chest
- \_\_\_\_\_ Waist
- \_\_\_\_\_ Hips
- \_\_\_\_\_ Thighs

Week 3	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

- \_\_\_\_\_ Arms
- \_\_\_\_\_ Chest
- \_\_\_\_\_ Waist
- \_\_\_\_\_ Hips
- \_\_\_\_\_ Thighs

Week 7	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

- \_\_\_\_\_ Arms
- \_\_\_\_\_ Chest
- \_\_\_\_\_ Waist
- \_\_\_\_\_ Hips
- \_\_\_\_\_ Thighs

Week 4	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

- \_\_\_\_\_ Arms
- \_\_\_\_\_ Chest
- \_\_\_\_\_ Waist
- \_\_\_\_\_ Hips
- \_\_\_\_\_ Thighs

Week 8	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

- \_\_\_\_\_ Arms
- \_\_\_\_\_ Chest
- \_\_\_\_\_ Waist
- \_\_\_\_\_ Hips
- \_\_\_\_\_ Thighs