WEIGHT LOSS JOURNAL

GOAL WEIGHT

MEASU	REMENTS	LOSS/GAIN
WEIGHT		
NECK		
ARMS		
CHEST		
WAIST		
HIPS		
THIGHS		
CALF		
MEASUREMENTS LOSS/GAIN		LOSS/GAIN
WEIGHT		
NECK		
ARMS		

CHEST
WAIST
HIPS
THIGHS
CALF