

WEIGHT LOSS TRACKER

START	
bust	
upper arm	
waist	
hip	
thigh	
WEIGHT	

FINISH	
bust	
upper arm	
waist	
hip	
thigh	
WEIGHT	

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7
bust							
upper arm							
waist							
hip							
thigh							
WEIGHT							