

12 WEEK TRACKER

<p>Pounds Lost</p>

<p>Inches Lost</p>

<p>Non-Scale Victories</p>

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
8 Glass of Water							
Vitamins/ Supplements/ Meds							
Cardio Workout							
Strength Training							
Food Journalled							

Starting
Weight: _____
Arms: _____
Chest: _____
Waist: _____
Hips: _____
Thighs: _____
Calves: _____
BMI: _____
_____:
_____:

Ending
Weight: _____
Arms: _____
Chest: _____
Waist: _____
Hips: _____
Thighs: _____
Calves: _____
BMI: _____
_____:
_____:

Difference
Weight: _____
Arms: _____
Chest: _____
Waist: _____
Hips: _____
Thighs: _____
Calves: _____
BMI: _____
_____:
_____: