NAME:

Measurement Weight Loss Chart

Starting Weight: _____ Starting Date:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Weight												
Weekly Wt. Loss												
Cumulative Wt.												
% of Wt Lost												
Upper Chest												
Bust												
Right Arm												
Left Arm												
Waist												
Hips												
Right Thigh												
Left Thigh												
Weekly Inch Los												
Cumulative In.												