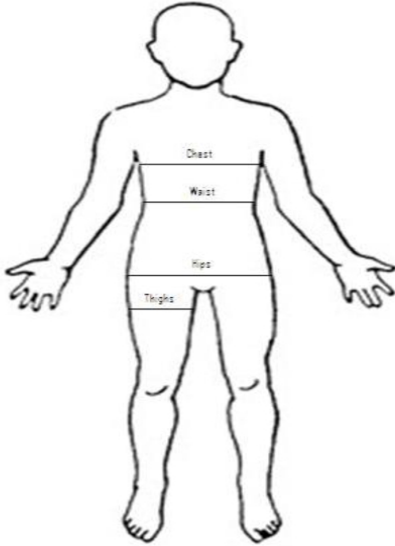


# Weight/Measurement Tracking Chart

Name: \_\_\_\_\_



**Chest** - Standing, measure with breath out just above the nipple

**Waist** - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage.

**Hips** - Measure at the largest girth, where the butt is protruding the greatest.

**Thigh** - Standing, measure at the largest girth, just below the butt.

Starting Measurements and Weight

Waist \_\_\_\_\_  
 Hips \_\_\_\_\_  
 Thigh \_\_\_\_\_  
 Chest \_\_\_\_\_  
 Weight \_\_\_\_\_

Ending Measurements and Weight

Waist \_\_\_\_\_  
 Hips \_\_\_\_\_  
 Thigh \_\_\_\_\_  
 Chest \_\_\_\_\_  
 Weight \_\_\_\_\_

Week Ending 1 Waist _____ Hips _____ Thigh _____ Chest _____ Weight _____
--

Week Ending 2 Waist _____ Hips _____ Thigh _____ Chest _____ Weight _____
--

Week Ending 3 Waist _____ Hips _____ Thigh _____ Chest _____ Weight _____
--

Week Ending 4 Waist _____ Hips _____ Thigh _____ Chest _____ Weight _____
--

Week Ending 5 Waist _____ Hips _____ Thigh _____ Chest _____ Weight _____
--

Week Ending 6 Waist _____ Hips _____ Thigh _____ Chest _____ Weight _____
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