



Lisa's

Weight and Measurement Progress Chart

Weeks of _____

| Date → | | | | | | | |
|-----------------|--|--|--|--|--|--|--|
| Weight | | | | | | | |
| Left Upper Arm | | | | | | | |
| Right Upper Arm | | | | | | | |
| Bust | | | | | | | |
| Waist | | | | | | | |
| Hips | | | | | | | |
| Left Thigh | | | | | | | |
| Right Thigh | | | | | | | |
| Left Calf | | | | | | | |
| Right Calf | | | | | | | |



| Date → | | | | | | | |
|-----------------|--|--|--|--|--|--|--|
| Weight | | | | | | | |
| Left Upper Arm | | | | | | | |
| Right Upper Arm | | | | | | | |
| Bust | | | | | | | |
| Waist | | | | | | | |
| Hips | | | | | | | |
| Left Thigh | | | | | | | |
| Right Thigh | | | | | | | |
| Left Calf | | | | | | | |
| Right Calf | | | | | | | |

