

weight

bust

waist

hips

thigh

Week number:

Healthy Meals & Snacks											
3	6	9	12	15	18	21	24	27	30	33	36

Monday


Tuesday


Wednesday


Thursday


Dates:

Goal 1:  
1 | 2 | 3 | 4 | 5

Goal 2:  
1 | 2 | 3 | 4 | 5

Hours Cardio  
2 | 4 | 6 | 8 | 10 | 12

Other Exercise  
3 | 6 | 9 | 12 | 15 | 18

Friday


Saturday


Sunday


This week I succeeded at:

Next week I want to:



# Weight & Measurements Chart no. \_\_\_\_\_



Date ⇒								
weight								
body fat %								
neck								
above bust								
bust								
ribs								
waist								
upper hip								
lower hip								
upper thigh								
lower thigh								
calf								
upper arm								
lower arm								
+/- this time								
+/- total								