
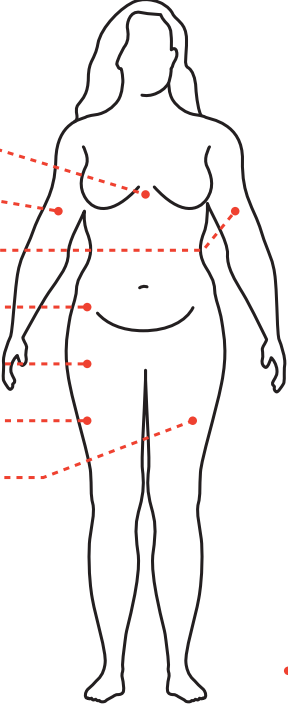


MEASUREMENT TRACKER

WOMEN

This is your weight management and inches lost chart to track your body measurements as you work your way to success.

Record the difference from week to week until the end.

	MEASUREMENT HISTORY	
<p>START DATE _____</p> <p>Chest _____</p> <p>Right Arm _____</p> <p>Left Arm _____</p> <p>Waist _____</p> <p>Hips _____</p> <p>Right Thigh _____</p> <p>Left Thigh _____</p> <p>Weight _____</p> <p>BEFORE</p>		<p>_____ END DATE</p> <p>Chest _____</p> <p>Right Arm _____</p> <p>Left Arm _____</p> <p>Waist _____</p> <p>Hips _____</p> <p>Right Thigh _____</p> <p>Left Thigh _____</p> <p>Weight _____</p> <p>AFTER</p>
<p>• Measured at widest point with muscle flexed.</p> <p>DIFFERENCE: Chest _____ Right Arm _____ Left Arm _____ Waist _____ Hips _____ Right Thigh _____ Left Thigh _____</p> <p>RESULTS: TOTAL INCHES LOST: _____ TOTAL WEIGHT LOST: _____</p>		

MEASUREMENT TRACKER

MEN

This is your weight management and inches lost chart to track your body measurements as you work your way to success.

Record the difference from week to week until the end.



MEASUREMENT HISTORY

START DATE _____

Chest _____

Right Arm _____

Left Arm _____

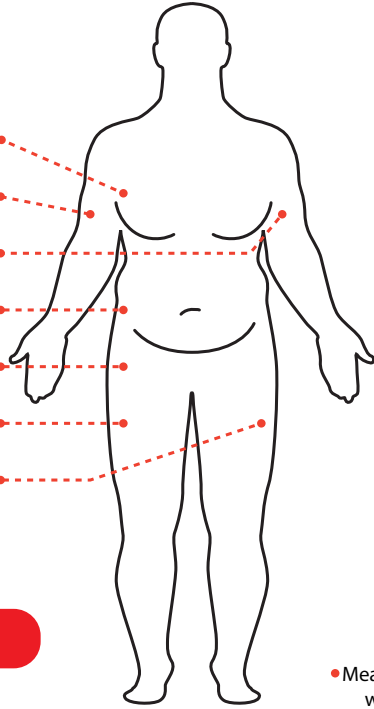
Waist _____

Hips _____

Right Thigh _____

Left Thigh _____

Weight _____



BEFORE

• Measured at widest point with muscle flexed.

_____ END DATE

_____ Chest

_____ Right Arm

_____ Left Arm

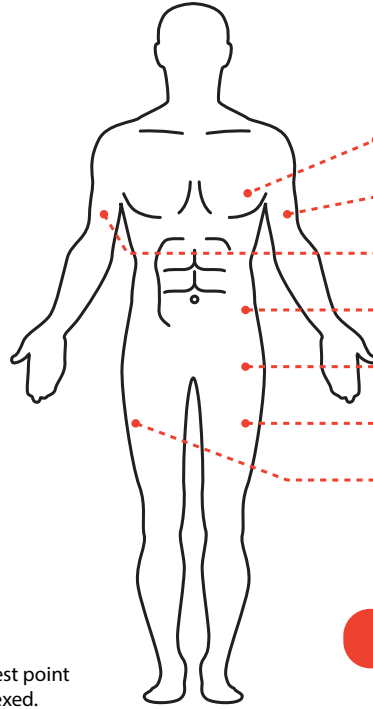
_____ Waist

_____ Hips

_____ Right Thigh

_____ Left Thigh

_____ Weight



AFTER

DIFFERENCE: Chest _____ Right Arm _____ Left Arm _____ Waist _____ Hips _____ Right Thigh _____ Left Thigh _____

RESULTS: TOTAL INCHES LOST: _____ TOTAL WEIGHT LOST: _____

EXERCISE TRACKER

Write down each workout program that you complete each day, along with its duration and its intensity. Seeing your progress will help you to be more successful in achieving your dream body.

		Comments
Day 1:	Type of program:	
	Duration:	
	Intensity:	
Day 2:	Type of exercise:	
	Duration:	
	Intensity:	
Day 3:	Type of exercise:	
	Duration:	
	Intensity:	
Day 4:	Type of exercise:	
	Duration:	
	Intensity:	
Day 5:	Type of exercise:	
	Duration:	
	Intensity:	
Day 6:	Type of exercise:	
	Duration:	
	Intensity:	
Day 7:	Type of exercise:	
	Duration:	
	Intensity:	

MEAL TRACKER

Did you know that writing down all the food you consume can double your weight loss efforts? Use this meal tracker as a sample guide to keep your food journal. You can enter your information one meal at a time throughout the day or all at once at the end of the day.

Time:	Food Intake:
	Breakfast:
	Snack:
	Lunch:
	Snack:
	Dinner:
	Water intake:
Did you succeed?	Smiley/sad face drawn here if you did well or poorly: