

WEIGHT & MEASUREMENT GOAL TRACKER

Tip: Enter measurements and weight using decimals rather than fractions for easier tabulation.

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MEASUREMENTS	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Upper Arm Left					
Upper Arm Right					
Bust/Chest – Fullest Part					
Waistline (at the smallest part of the waist)					
Hips/Buttocks					
Upper Thigh Left					
Upper Thigh Right					
Calf Left					
Calf Right					
*Coach: Add any other areas to measure					
CURRENT TOTAL INCHES					
TOTAL INCHES LOST SINCE PREVIOUS WEEK (subtract current total from Start Total)					

WEIGHT					
# Pounds Released (subtract current total from Start Weight)					

HEIGHT IN INCHES (i.e., 5' 7" = 67")					
BMI (Weight [LBS] × 703 ÷ Height ÷ Height)					

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