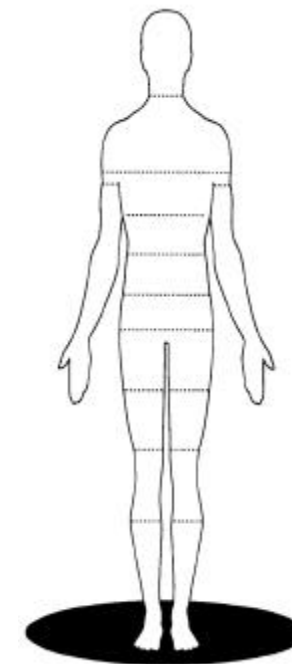


Weight Management Personal Progress Report

WEEK	START	2	4	6	8	10	12	14	16
NECK									
CHEST									
UPPER ARM (L)									
UPPER ARM (R)									
RIB CAGE									
WAIST									
ABDOMEN									
BUTTOCKS									
THIGH (L)									
THIGH (R)									
UPPER KNEE (L)									
UPPER KNEE (R)									
CALF (L)									
CALF (R)									
TOTAL INCHES									
TOTAL LOST									
MY WEIGHT									
WEIGHT LOST									



- Neck
- Chest
- Upper Arm
- Rib Cage
- Waist
- Abdomen
- Buttocks
- Thigh
- Upper Knee
- Calf

Under the START column, enter in your beginning measurements and weight.

Then put away your scales and follow your measurements! If you are losing weight properly, the scale will not be an accurate indicator of success because muscle weighs a lot more than fat. You will notice size and inch loss much more significantly.

Name: _____

Date Started: _____