## NAME:

## **Measurement Weight Loss Chart**

Week 1   Week 2   Week 3   Week 4   Week 5   Week 6   Week 7   Week 8   Week 9   Week 10   Week 1	9 Week 10 Week 11 Week 12
Right Arm Left Arm Waist	
Right Arm Left Arm Waist	
Right Arm  Left Arm  Waist	
Left Arm Waist	
Waist	
Waist	
Hips	