

WEEKLY WEIGH-IN



When you feel like giving up, remember why you started.

Mark measurements below; on arms and legs. Choose & circle the side to measure: (**left**) or (**right**) for consistent tracking each week.

Date:

Date:

Neck

Neck

Chest

Chest

Arm

Arm

Waist

Waist

Hips

Hips

Thigh

Thigh

Calf

Calf

Weight

Weight

Date:

Date:

Neck

Neck

Chest

Chest

Arm

Arm

Waist

Waist

Hips

Hips

Thigh

Thigh

Calf

Calf

Weight

Weight