SIX MONTH BODY MEASUREMENT TRACKING CHART

Date Started: _____

What to Measure	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Weight								
Chest								
Waist								
R Arm								
L Arm								
R Thigh								
L Thigh								
Hip								

What to Measure	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Weight								
Chest								
Waist								
R Arm								
L Arm								
R Thigh								
L Thigh								
Hip								

What to Measure	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Weight								
Chest								
Waist								
R Arm								
L Arm								
R Thigh								
L Thigh								
Hip								