WEIGHT LOSS TRACKER

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Measurement	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Weight												
Pounds lost												
Total pounds lost												
Body Fat %												
% Decrease												
Total % decrease												
Bust												
Hips												
Waist												
Upper thigh												
Above the knee												
Upper arm												
Total inches												
Inches lost												
Total inches lost												