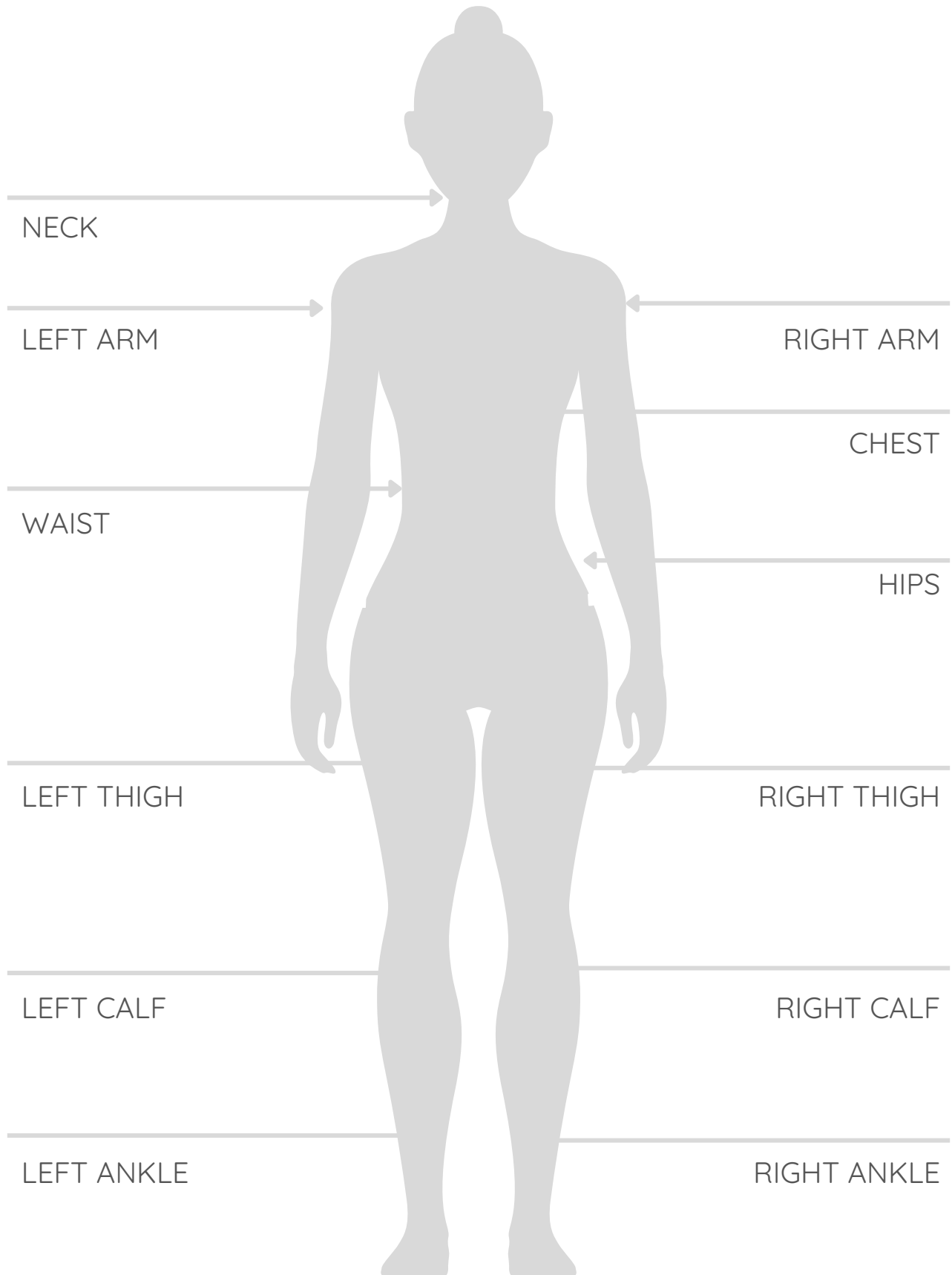


BODY MEASUREMENT CHART AND TRACKER

Date: _____



MEASUREMENT TRACKER

GOALS

ACTION STEPS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WEIGHT				
CHEST				
ARM				
WAIST				
HIPS				
THIGH				
CALF				
BMI				