BODY MEASUREMENT CHART AND TRACKER

Date: **NECK** LEFT ARM RIGHT ARM **CHEST** WAIST HIPS LEFT THIGH RIGHT THIGH LEFT CALF RIGHT CALF LEFT ANKLE RIGHT ANKLE

MEASUREMENT TRACKER

GOALS ACTION STEPS

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