

# WEIGHT & MEASUREMENTS

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STARTING

DAY: \_\_\_\_\_

Starting Weight \_\_\_\_\_ lbs

DATE: \_\_\_\_\_

Starting Body Comp \_\_\_\_\_ %

Starting Waist Measurement \_\_\_\_\_ inches

Starting Hip Measurement \_\_\_\_\_ inches

DAY: \_\_\_\_\_

Weight \_\_\_\_\_ lbs

DATE: \_\_\_\_\_

Body Comp \_\_\_\_\_ %

Waist Measurement \_\_\_\_\_ inches

Hip Measurement \_\_\_\_\_ inches

DAY: \_\_\_\_\_

Weight \_\_\_\_\_ lbs

DATE: \_\_\_\_\_

Body Comp \_\_\_\_\_ %

Waist Measurement \_\_\_\_\_ inches

Hip Measurement \_\_\_\_\_ inches

DAY: \_\_\_\_\_

Weight \_\_\_\_\_ lbs

DATE: \_\_\_\_\_

Body Comp \_\_\_\_\_ %

Waist Measurement \_\_\_\_\_ inches

Hip Measurement \_\_\_\_\_ inches