

BODY MEASUREMENT TRACKER

MONTH/YEAR: _____

ARMS

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

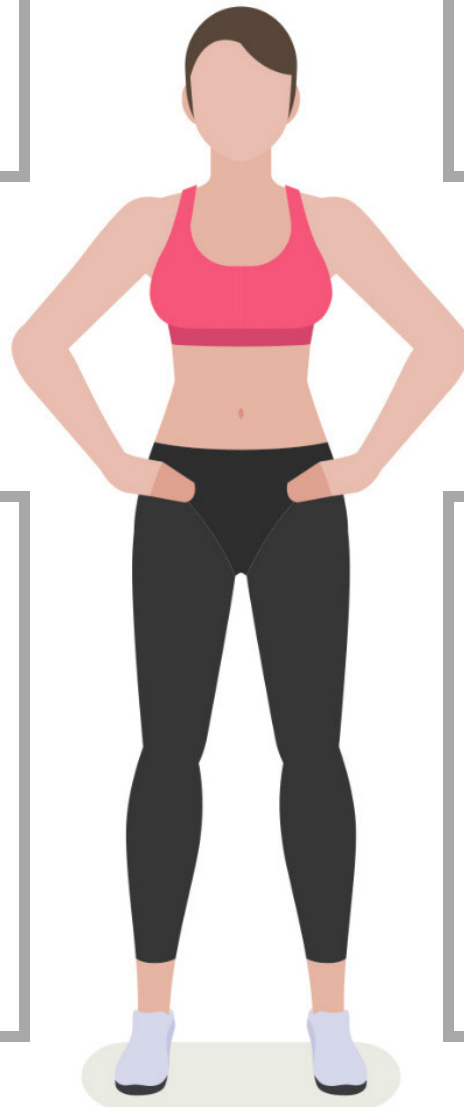
HIPS

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____



WAIST

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

LEGS

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____