Weekly weight and measurement tracker

Name

	Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Date											
Goal Weight											
Weight											
Height											
BMI											
Water %											
Fat %											
Neck											
Above bust											
Bust											
Under bust											
Waist											
Tummy/hips											
Bum											
Around thighs											
Each thigh											
Above knee											
Calf											
Upper arm											
Total wt loss											
Total inch loss											