WEIGHT LOSS TRACKER

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 2

WEEK I

	START		
	bust		
	upper arm		
	waist		
	hip		
	thigh		
	WEIGHT		

b	oust				
upp	er arm				
w	/aist				
ı	hip				
tr	high				
WE	EIGHT				

	FINISH		
	bust		
	upper arm		
	waist		
	hip		
	thigh		
	WEIGHT		