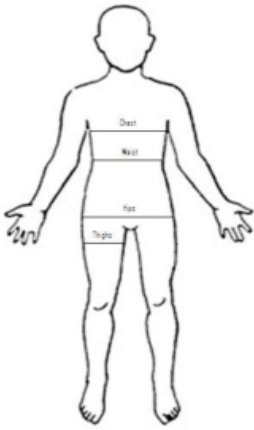


Weight/Measurement Tracking Chart

Name: _____



Chest - Standing, measure with breath out just above the nipple

Waist - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage.

Hips - Measure at the largest girth, where the butt is protruding the greatest.

Thigh - Standing, measure at the largest girth, just below the butt.

Week Ending 1
 Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 2
 Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 3
 Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 4
 Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Week Ending 5
 Waist _____
 Hips _____
 Thigh _____
 Chest _____
 Weight _____

Starting Measurements and Weight

Ending Measurements and Weight

Waist _____

Waist _____

SIX MONTH BODY MEASUREMENT TRACKING CHART

Date Started: _____

What to Measure	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Weight								
Chest								
Waist								
R Arm								
L Arm								
R Thigh								
L Thigh								
Hip								

What to Measure	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Weight								
Chest								
Waist								
R Arm								
L Arm								
R Thigh								
L Thigh								
Hip								

What to Measure	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Weight								
Chest								
Waist								
R Arm								
L Arm								
R Thigh								
L Thigh								
Hip								

Weight Loss Chart

MONTH 1	DATE	WEIGHT	Remarks
Week 1			<input type="checkbox"/> I lost a little weight! <input type="checkbox"/> It's too early to tell!

PRINTABLE WEIGHT LOSS MEASUREMENT CHART

Measurement	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
L Thigh												
R Thigh												
L Knee												
R Knee												
L Calf												
R Calf												
L Ankle												
R Ankle												
TOTAL												
Weight												

Name: _____
 Date started: _____
 Herbalife: _____

Measurement Weight Loss Chart

NAME: _____ Starting Date: _____

Starting Weight:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Weight												
Weekly Wt. Loss												
Cumulative Wt.												
% of Wt Lost												
Upper Chest												
Bust												
Right Arm												
Left Arm												
Waist												
Hips												
Right Thigh												
Left Thigh												
Weekly Inch Los												
Cumulative In.												

Weight Loss Chart

NAME _____ MONTH _____ YEAR _____

	Date	Weight	Chest	Waist	Hips	Comments
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

NOTES: