

# Monthly Weight Tracker

Beginning of  
the Month Picture

Beginning of the month weight \_\_\_\_\_

## Monthly Goals

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## Measurements

Beginning Of Month

End Of Month

Total Lost

Neck \_\_\_\_\_

Shoulders \_\_\_\_\_

Chest \_\_\_\_\_

Right Arm \_\_\_\_\_

Left Arm \_\_\_\_\_

Belly \_\_\_\_\_

Lower Abdomen \_\_\_\_\_

Butt \_\_\_\_\_

Right Thigh \_\_\_\_\_

Left Thigh \_\_\_\_\_

Right Calf \_\_\_\_\_

Left Calf \_\_\_\_\_

## Monthly Accomplishments

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