12 WEEK TRACKER

12 W								
Pounds Lost	Inches Lost				Non-Scale Victories			
		Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
8 Glass of Water								
Vitamins/ Supplements/ Meds								
Cardio Workout								
Strength Training								
Food Journaled								
Starting	Ending				Difference			
Weight:	Weight:				Weigh	t:		
Arms:	Arms:				Arms:			
Chest:	Chest:				Chest:			
Waist:	Waist:				Waist:			
Hips:	Hips:				Hips:			
Thighs:	Thighs:				Thighs:			
Calves:	Calves:			_	Calves:			
BMI:	BMI:				BMI:			
:	:_					:		
;	:_					:		