

12 WEEK TRACKER

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 Journalled							

Starting

Weight: _____

Arms: _____

Chest: _____

Waist: _____

Hips: _____

Thighs: _____

Calves: _____

BMI: _____

_____ :

_____ :

Ending

Weight: _____

Arms: _____

Chest: _____

Waist: _____

Hips: _____

Thighs: _____

Calves: _____

BMI: _____

_____ :

_____ :

Difference

Weight: _____

Arms: _____

Chest: _____

Waist: _____

Hips: _____

Thighs: _____

Calves: _____

BMI: _____

_____ :

_____ :