WEIGHT LOSS MEASUREMENT CHART

MEASUREMENT AREA	Date	Date	Date	Date	Date	Date	Date	TOTAL
Weight								
Bi-Weekly Loss								
% Body Fat								
Chest								
Waist								
Hips								
Upper Arm (left)								
Upper Arm (right)								
Upper Thigh (left)								
Upper Thigh (right)								
Calf (left)								
Calf (right)								

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