BODY MEASUREMENT & WEIGHT LOSS TRANSFORMATION TRACKER

12-WEEK ANTHROPOMETRIC INCHES & FAT % LOG

NAME: _____ **START DATE:** _____/_____/20____ **GOAL DATE:** _____/_____/20____ **UNIT:** [ ] In/Lbs [ ] Cm/Kg

STARTING WEIGHT: _____ LBS/KG **GOAL WEIGHT:** _____ LBS/KG **TOTAL TARGET LOSS:** _____ LBS / INCHES

BODY SITE / METRIC	DAY 1	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12	NET +/-
1. Scale Weight (lbs/kg)														
2. Body Fat % (Est/Dexa)														
3. Neck Circumference														
4. Chest / Bust Circumferenc														
5. Upper Arms (Right/Left)														
6. Waist (at Belly Button)														
7. Hips (Widest Point)														
8. Thighs (Right/Left)														
9. Calves (Right/Left)														
10. Total Cumulative Loss														

PHOTO MILESTONES & NON-SCALE VICTORIES (NSVs):

PHOTOS: [ ] Day 1 [ ] Day 30 [ ] Day 60 [ ] Day 90 Complete

Clothing Fit & Energy Wins: _____

Physical Strength & Mobility Breakthroughs: _____

Reward for Achieving 12-Week Transformation: _____