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Weight-loss TRACKER

Starting Measurements/Date: Jan 2010 Ending Measurements/Date: _____

Biceps: 82 1/2" 84" 84" 84" 84" 84" 84" 84" 84" 84"
 Thighs: 87" 87" 87" 87" 87" 87" 87" 87" 87" 87"
 Calves: 82" 82" 82" 82" 82" 82" 82" 82" 82" 82"
 Hips: 35" 35" 35" 35" 35" 35" 35" 35" 35" 35"
 Waist: 89" around smallest point _____ _____ _____ _____

Starting Weight: 190 lbs 181 174 169 164 159 154 149 144 139

Baby Steps Still Get YOU There!

190 185 180 175 170 165 160 155 150 145

140 135 130 125 120 115 110 105 100 95

90 85 80 75 70 65 60 55 50

Rewards!!!

1. Goal Weight: 130 Reward: Spa & Massage!

2. Goal Weight: 165 Reward: Night out with Paddy!

3. Goal Weight: 190 Reward: SHOPPING SPREE!

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Body tracker

Weight: _____

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bust	35"	35"	35"	35"	35"	35"	35"	35"	35"	35"	35"	35"
Waist	27"	27"	27"	27"	27"	27"	27"	27"	27"	27"	27"	27"
Hips	32"	32"	32"	32"	32"	32"	32"	32"	32"	32"	32"	32"
Thigh	22"	22"	22"	22"	22"	22"	22"	22"	22"	22"	22"	22"
Arm	10.5"	10.5"	10.5"	10.5"	10.5"	10.5"	10.5"	10.5"	10.5"	10.5"	10.5"	10.5"

A YEAR OF Workouts

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

three months from now you will thank yourself

Focus On One Pound At A Time

Start Weight: _____

1 2 3 4 5 6 7 8

9 10 11 12 13 14 15 16

17 18 19 20 21 22 23 24

25 You got this...halfway to your goal! 26

27 28 29 30 31 32 33 34

35 36 37 38 39 40 41 42

43 44 45 46 47 48 49 50

End Weight: _____

It does not matter how slowly you go, as long as you do not stop....

Suzanne Stapp

Weight Loss Tracker

Date Weight Result Total Lost Notes

Date	Weight	Result	Total Lost	Notes

A Journey To Fitness

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