

Your Personal Progress Chart

Name: _____

After your weekly weigh-in, complete your weight loss on this chart. Also record your progress by measuring yourself each week - watching the pounds and inches disappearing will give you an added incentive to reach your ideal weight.

Date																
Weight																
Total Inches Lost To Date																
Bust																
Waist																
Hips																
Widest Part																
Left Thigh																
Right Thigh																
Left Knee																
Right Knee																
Left Arm																
Right Arm																
Total Inches Lost This Week																
Total Inches Lost To Date																