

TRACK YOUR SUCCESS! YOUR PERSONAL RECORD.



Please fill in your personal details. Please make sure that the tape measure does not cut into your skin - that would be cheating. ;)

	Circumference of your upper arm (widest part)	Circumference chest (ladies measure best under the breast)	Waist (narrowest part of the abdomen)	Hip (widest part of hip / bottom)	Circumference of your thigh (widest point)	Weight in pounds or kg
Start						
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						
This is my total weight loss						