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Weight Tracker

Start _____

End _____

DAY	WEIGHT	POUNDS LOST	INCHES LOST	MEASUREMENT
1				Chest or Bra Size
2				Waist
3				Hips
4				Thighs
5				
6				
7				Day 7
8				Chest or Bra Size
9				Waist
10				Hips
11				Thighs
12				
13				
14				Day 14
15				Chest or Bra Size
16				Waist
17				Hips
18				Thighs
19				
20				
21				Day 21
22				Chest or Bra Size
23				Waist
24				Hips
25				Thighs
26				
27				
28				
29				Day 29
30				Chest or Bra Size
31				Waist
32				Hips
33				Thighs
34				
35				
36				Day 36
37				Chest or Bra Size
38				Waist
39				Hips
40				Thighs

Total Pounds Lost: _____

Total Inches Lost: _____



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Weight Tracker

Start _____

End _____

MONTH	WEIGHT	POUNDS LOST	INCHES LOST	MEASUREMENT
1				Chest or Bra Size
				Waist
				Hips
				Thighs
2				Chest or Bra Size
				Waist
				Hips
				Thighs
3				Chest or Bra Size
				Waist
				Hips
				Thighs
4				Chest or Bra Size
				Waist
				Hips
				Thighs
5				Chest or Bra Size
				Waist
				Hips
				Thighs
6				Chest or Bra Size
				Waist
				Hips
				Thighs
7				Chest or Bra Size
				Waist
				Hips
				Thighs
8				Chest or Bra Size
				Waist
				Hips
				Thighs
9				Chest or Bra Size
				Waist
				Hips
				Thighs
10				Chest or Bra Size
				Waist
				Hips
				Thighs
11				Chest or Bra Size
				Waist
				Hips
				Thighs
12				Chest or Bra Size
				Waist
				Hips
				Thighs

Total Pounds Lost: _____

Total Inches Lost: _____