Progress Chart

Name _____ Time Period _____ to _____

Tracking _____

Start																									
Week	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

Measurements

Waist																										
Hips																										
Chest																										
Bodyfat																										
Week	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

Weight and measurements will fluctuate daily due primarily to water retention. If you ate a lot of salty foods yesterday, today your weight may reflect an extra pound or two. This is normal and to be expected. The same is true for your measurements. You may gain an inch simply from eating a big meal (Thanksgiving?). Relax. True weight loss comes from your consistent healthy habits over a period of time.

Copyright OneMoreBite-Weightloss.com 2004