



MEASUREMENTS II

Now that you are comfortable with taking your monthly measurements (you know where and when to take them). If you aren't interested in using the weight loss tracker, you may want to transfer your measurement information on to this sheet so that you can view your results over a 6 month period.

Men- Take these measurements once a month, first thing in the morning, on the same date each month.

Ladies- These measurements should be taken on the same day of your cycle each month.

DATE: _____ **DAY OF CYCLE (IF APPLICABLE)** _____

*Take measurements and weight first thing in the morning only.

	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6
CHEST						
WAIST						
HIPS						
THIGHS						
WEIGHT						