

Body Measurement Tracker

Date:

BODY PART	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Neck					
Shoulders					
Chest					
Waist					
Hips					
Thigh (Left)					
Thigh (Right)					
Calf (Left)					
Calf (Right)					
Biceps (Right)					
Biceps (Left)					

Notes
