

Weight & Measurement Record

Starting Weight & Measurements

Starting Weight _____ lbs

Starting Body Comp _____ %
(If available)

Starting Waist Measurement _____ inches

Starting Hip Measurement _____ inches

Day 7

Weight _____ lbs

Body Comp _____ %

Waist Measurement _____ inches

Hip Measurement _____ inches

Day 14

Weight _____ lbs

Body Comp _____ %

Waist Measurement _____ inches

Hip Measurement _____ inches
