

	Day 1	Day 7	Day 14	Day 21	Day 28	Day 35	Day 42	Day 49	T. Lost
<b>Date:</b>									
<b>Neck</b>									
<b>Chest</b>									
<b>R Arm</b>									
<b>L Arm</b>									
<b>Waist</b>									
<b>Hips</b>									
<b>R thigh</b>									
<b>L thigh</b>									
<b>R Calf</b>									
<b>L Calf</b>									
								Total:	

For a detailed guide on how to use the chart above please visit:

<http://thefitnessfocus.com/fitness-tips/body-measurement-tracking-chart>