
My Progress



Date: _____

Weight: _____

Shirt Size: _____

-
Pants Size: _____

Measurements

Neck _____

Bust _____

hips/butt: _____

-
Waist: _____

Upper Thigh: R _____ L _____

Calf: R _____ L _____

Ankle: R _____ L _____

Upper Arm: R _____ L _____

Forearm: R _____ L _____

Wrist: R _____ L _____

Non Scale Victories

My Goal

Date: _____

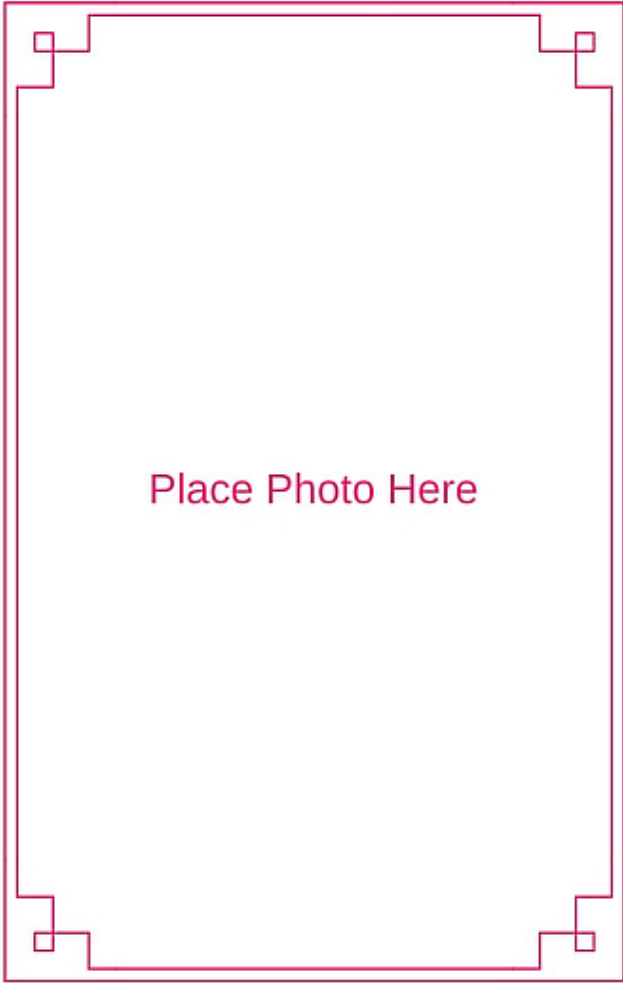
Goal Met: _____

—

*Non Scale Victories
Along the Way*

Thoughts and Feelings

My Starting Line



Name: _____

Date: _____

Weight: _____

Pants Size: _____

Shirt Size: _____

Measurements:

Neck: _____

Bust: _____

Hips. Butt: _____

Waist: _____

Upper Thigh: R _____ **L** _____

Calf: R _____ **L** _____

Ankle: R _____ **L** _____

Upper Arm: R _____ **L** _____

Forearm: R _____ **L** _____

Wrist: R _____ **L** _____

Goals

My "Why"
