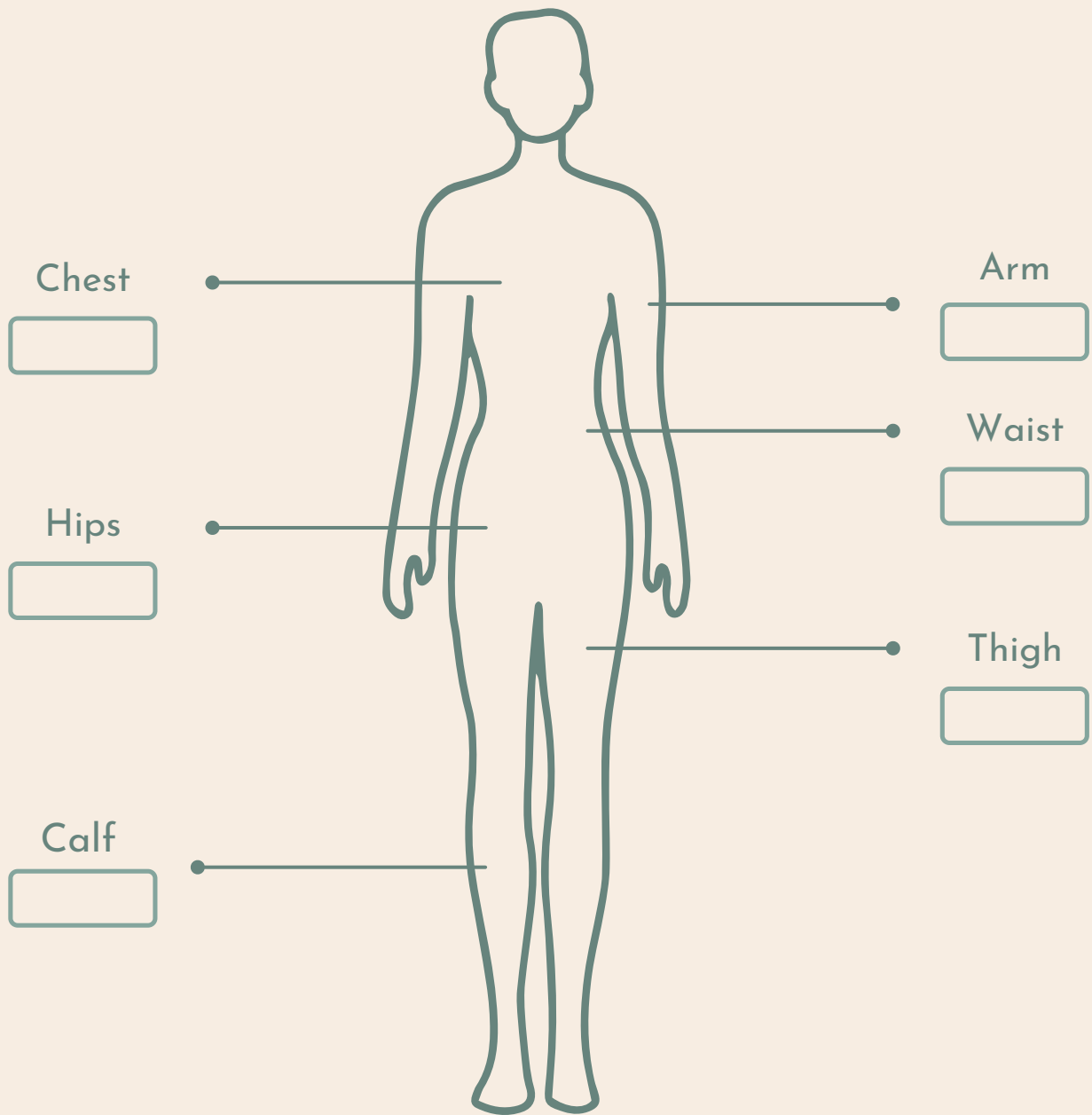


Measurement Tracker

Date: / /



Weekly Tracker

Sizing	Week 1	Week 2	Week 3	Week 4
Chest				
Arm				
Waist				
Hips				
Thigh				
Calf				
Inches Lost				