

# WEEKLY TRACKER

Pounds Lost

Inches Lost

Non-Scale Victories

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
8 Glass of Water							
Vitamins/ Supplements/ Meds							
Cardio Workout							
Strength Training							
Food Journalled							

*Starting*

Weight: \_\_\_\_\_

Arms: \_\_\_\_\_

Chest: \_\_\_\_\_

Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Thighs: \_\_\_\_\_

Calves: \_\_\_\_\_

BMI: \_\_\_\_\_

\_\_\_\_\_:

\_\_\_\_\_:

*Ending*

Weight: \_\_\_\_\_

Arms: \_\_\_\_\_

Chest: \_\_\_\_\_

Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Thighs: \_\_\_\_\_

Calves: \_\_\_\_\_

BMI: \_\_\_\_\_

\_\_\_\_\_:

\_\_\_\_\_:

*Difference*

Weight: \_\_\_\_\_

Arms: \_\_\_\_\_

Chest: \_\_\_\_\_

Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Thighs: \_\_\_\_\_

Calves: \_\_\_\_\_

BMI: \_\_\_\_\_

\_\_\_\_\_:

\_\_\_\_\_: