

BODY TRANSFORMATION TRACKER

Progress is a marathon, not a sprint.

NAME:
START DATE:
TARGET WEIGHT:

WEEK	WEIGHT	CHEST	WAIST	HIPS	BODY FAT %	ENERGY (1-10)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						

WEEK	WEIGHT	CHEST	WAIST	HIPS	BODY FAT %	ENERGY (1-10)
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12

Consistency over perfection. Measurements taken weekly under same conditions recommended.