

# INCH LOSS TRACKER

Name:

Goal:

Start Date:

MEASUREMENT AREA	STARTING (WEEK 0)	WEEK 4	WEEK 8	WEEK 12	TOTAL LOSS
Neck					
Chest (Bust)					
Left Arm (Bicep)					
Right Arm (Bicep)					
Waist (Narrowest)					
Abdomen (Navel)					
Hips (Widest)					
Left Thigh					
Right Thigh					
Weight (lbs/kg)					

**Grand Total Inches Lost:** \_\_\_\_\_ **Overall Progress:** \_\_\_\_\_ %