

Weekly Measurement
Reporting Log

Week 1: Date _____ Weight _____

Chest _____ Waist _____ Hips _____ Thighs _____

Week 2: Date _____ Weight _____

Chest _____ Waist _____ Hips _____ Thighs _____

Week 3: Date _____ Weight _____

Chest _____ Waist _____ Hips _____ Thighs _____

Week 4: Date _____ Weight _____

Chest _____ Waist _____ Hips _____ Thighs _____

Week 5: Date _____ Weight _____

Chest _____ Waist _____ Hips _____ Thighs _____

Week 6: Date _____ Weight _____

Chest _____ Waist _____ Hips _____ Thighs _____

Week 7: Date _____ Weight _____

Chest _____ Waist _____ Hips _____ Thighs _____

Week 8: Date _____ Weight _____

Chest _____ Waist _____ Hips _____ Thighs _____