



	Date	Weight	Pounds lost	Neck	Chest	Waist	Hips	Bicep		Thigh		Calf		Total Inches
								L	R	L	R	L	R	
WEEK 1														
WEEK 2														
WEEK 3														
WEEK 4														
WEEK 5														
WEEK 6														
WEEK 7														
WEEK 8														
WEEK 9														