

WEIGHT AND MEASUREMENT CHART

Use this chart to track your progress.

- Pick a date each month or week to measure and weigh in.
 - For a long time I used to measure every Wednesday, each week. Now I measure on the first of every month. Sometimes the 2nd if my schedule doesn't allow or I forget.
- Try to do it the same time of the day.
 - Maybe as soon as you wake in the morning, before your shower, or right after your workout.
- Use a flexible measuring tape and do the best you can to stay accurate with where you measure each body part.
 - You want to stand flat footed and keep the measuring tape parallel to the ground as you measure circumferences.
 - Round to the nearest quarter inch or eighth of an inch. Which ever you chose, make sure you stay consistent and round to the same integer.
- If you have hand calipers then that is what you use to estimate your 'Fat mm' and 'Body Fat %' Follow the directions for your particular device to get the best estimates.
- Take notes on how you feel or what you could do better.
 - This is as much for your mental health as it is for your physical health.
- Keep your motivation high and your feet on the ground. This is a journey. Work hard, stay consistent, and you will get to where you want to be.

Date:	Measurement	-/+ Since Last	Date:	Measurement	-/+ Since Last
Bust:			Bust:		
Chest:			Chest:		
Waist:			Waist:		
Belly:			Belly:		
Hips:			Hips:		
Right Thigh:			Right Thigh:		
Left Thigh:			Left Thigh:		
Right Calf:			Right Calf:		
Left Calf:			Left Calf:		
Right Bicep:			Right Bicep:		
Left Bicep:			Left Bicep:		
Weight:			Weight:		
Fat mm:			Fat mm:		
Body Fat %:			Body Fat %:		
Notes:			Notes:		

Date:	Measurement	-/+ Since Last	Date:	Measurement	-/+ Since Last
Bust:			Bust:		
Chest:			Chest:		
Waist:			Waist:		
Belly:			Belly:		
Hips:			Hips:		
Right Thigh:			Right Thigh:		
Left Thigh:			Left Thigh:		
Right Calf:			Right Calf:		
Left Calf:			Left Calf:		
Right Bicep:			Right Bicep:		
Left Bicep:			Left Bicep:		
Weight:			Weight:		
Fat mm:			Fat mm:		
Body Fat %:			Body Fat %:		
Notes:			Notes:		

Date:	Measurement	-/+ Since Last	Date:	Measurement	-/+ Since Last
Bust:			Bust:		
Chest:			Chest:		
Waist:			Waist:		
Belly:			Belly:		
Hips:			Hips:		
Right Thigh:			Right Thigh:		
Left Thigh:			Left Thigh:		
Right Calf:			Right Calf:		
Left Calf:			Left Calf:		
Right Bicep:			Right Bicep:		
Left Bicep:			Left Bicep:		
Weight:			Weight:		
Fat mm:			Fat mm:		
Body Fat %:			Body Fat %:		
Notes:			Notes:		

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Fat mm:			Fat mm:		
Body Fat %:			Body Fat %:		
Notes:			Notes:		