



Body Tracker: Imagine with your mind. Believe with your heart. Achieve with all your might!

Measurements in Inches	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	Total Loss To Date
Neck																	
Bicep Left Arm																	
Bicep Right Arm																	
Chest																	
Belly Button																	
Lower Waist																	
Hips																	
Thigh Left Leg																	
Thigh Right Leg																	
Ankle Left Leg																	
Ankle Right Leg																	
Scales - lbs / kg																	

What is your goal?

Why is this your goal?

When do you want to achieve this goal by?