

Body Measurement Sheet

Month/Year: _____

Waist

Week 1:
Week 2:
Week 3:
Week 4:

Hips

Week 1:
Week 2:
Week 3:
Week 4:

Left Arm

Week 1:
Week 2:
Week 3:
Week 4:

Left Thigh

Week 1:
Week 2:
Week 3:
Week 4:

Belly Button

Week 1:
Week 2:
Week 3:
Week 4:

Weight

Week 1:
Week 2:
Week 3:
Week 4:



	Week 1	Week 2	Week 3	Week 4
Left Arm				
Belly Button				
Waist				
Hips				
Left Thigh				
Weight				