

MY SUCCESS MEASUREMENT TRACKER

Tracking your measurements is a great way to gauge your success.

Inches lost is just as important to your weight-loss success,
if not more so, than your actual weight.

	Start	Day 3	Day 9	Day 30	Goal
WEIGHT					

CORE

Neck					
Chest					
Diaphragm					
Waist					
Abdomen					
Buttocks					

ARMS

L Upper Arm					
R Upper Arm					

LEGS

L Upper Thigh					
R Upper Thigh					
L Upper Knee					
R Upper Knee					
L Calf					
R Calf					

