Wave to the New You
WEIGHT LOSS MEASUREMENT CHART

I highly suggest that you take a front and side picture and measurements before you begin. Then redo them at the end of each phase. You will see how well this program works and that you are having success on your journey to A New You.

MEASUREMENT AREA	Date	Date	Date	Date	Date	Date	Date	TOTAL
Weight								
Bi-Weekly Loss								
% Body Fat								
Chest								
Waist								
Hips								
Upper Arm (left)								
Upper Arm (right)								
Upper Thigh (left)								
Upper Thigh (right)								
Calf (left)								
Calf (right)								

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